

# ALLIANCE JIU JITSU | SAN DIEGO

Mat	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAT 2	6am - 7am	Fundamentals	Fundamentals	Fundamentals	Fundamentals		
MAT 1	6am - 7am	Intermediate	Advanced	Intermediate	Advanced	NO GI	
MAT 2	9am - 10am						Youth BJJ [6-8]
MAT 1	9am - 10am	Fundamentals	Intermediate	Fundamentals	Intermediate	Fundamentals	Youth BJJ [9-12]
MAT 1	10am - 11am						Fundamentals
MAT 1	10am - 11:30am	Comp Gi	Comp No Gi	Comp Gi	Comp No Gi	Comp Gi	
MAT 2	10am - 11am						Muay Thai
MAT 1	11am - 1pm						OPEN MAT
BAGS	12pm - 1pm		Muay Thai		Muay Thai		
MAT 1	12pm - 1:30pm	Advanced	Intermediate	Advanced	Intermediate		
MAT 2	12pm - 1pm	Fundamentals	Fundamentals	Fundamentals	Fundamentals	NO GI	
MAT 1	4pm - 4:45pm		Toddlers [3-5]		Toddlers [3-5]		
MAT 2	4pm - 4:45pm	Youth Muay Thai	Youth Muay Thai	Youth Muay Thai	Youth Muay Thai	Youth Sparring	
MAT 1	5pm - 6pm	Youth BJJ [9-12]	Youth BJJ [9-12]	Youth BJJ [9-12]	Youth BJJ [9-12]	Youth NO GI [9-12]	
MAT 2	5pm - 6pm	Youth BJJ [6-8]	Youth BJJ [6-8]	Youth BJJ [6-8]	Youth BJJ [6-8]	Youth NO GI [6-8]	
MAT 1	6pm - 7:30pm	Advanced	Women's Only	Advanced	Women's Only	Advanced	
MAT 2	6pm - 7pm	Fundamentals	Intermediate	Fundamentals	Intermediate	Fundamentals	
MAT 1	7:30pm - 8:30pm	NO GI	NO GI	NO GI	NO GI		
MAT 2	7pm - 8pm	Muay Thai	Fundamentals	Muay Thai	Fundamentals	Muay Thai Sparring	
MAT 2	8pm - 9pm		Muay Thai		Muay Thai		

## Class Info

**Intermediate Class:**  
2 Stripe White Belt or Higher

**Advanced Class:**  
Blue Belt or Higher

**No Gi Classes:**  
Recommended 2 Stripe White Belt or Higher  
or Wrestling Experience

**New Students:**  
Intro Class Required before attending Fundamentals Classes

## General Info

**Address:**  
8990 Miramar Rd Ste 225  
San Diego, CA 92126

**Phone:**  
(858) 549-1226

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info@alliancesandiego.com

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## Visitors

**Visitor Mat Fee:**  
\$30

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