

ALLIANCE JIU JITSU | SAN DIEGO

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

Mat Fee: \$30
Day Pass: \$50
Weekly: \$150
Monthly: \$325

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