

ALLIANCE JIU JITSU | VANCOUVER

MAT 1		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM							Teens Age 12-16	
11:00 AM							All-Levels	Module 2 90 Min
12:00 PM	Module 2	Module 1	No-Gi	Module 1	Module 2	Module 2	Open MAT	
4:15 PM	Kids Age 5-7	Toddlers Age 3-4	Kids Age 5-7	Toddlers Age 1-2	Kids Age 5-7			
5:00 PM	Kids Age 8-11	Teens No-Gi Age 12-16	Kids No-Gi Age 8-11	Teens Age 12-16	Kids Age 8-11			
6:10 PM	Module 2	No-Gi 90 Min	No-Gi	Module 2 90 Min	Module 1 Beginner Program			
7:10 PM	Advanced No-Gi		Advanced Gi		No-Gi			

MAT 2		Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM	After-School Program	After-School Program		After-School Program	After-School Program	After-School Program
6:10 PM	Module 1 Beginner Program		Module 1 Beginner Program			
7:10 PM	Module 1	All-Levels 6:45 PM to 8:00 PM	Module 1	All-Levels 6:45 PM to 8:00 PM		

