



ALLIANCE JIU JITSU

BRUNO MALFACINE

SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:30	Executive	Executive	NOGI Executive	Executive	Executive	Kids	
9:30 - 10:30						Fundamentals	
11:00 - 12:00	Fundamentals	Intermediate	Advanced	Intermediate	Fundamentals	Intermediate	Open Mat
12:15 - 1:30	Advanced	Advanced	Fundamentals	Advanced	NOGI	Advanced	
5:30 - 6:30	Kids (Coming Soon)	Kids (Coming Soon)	Kids (Coming Soon)	Kids (Coming Soon)	Kids (Coming Soon)		
6:30 - 7:30	Fundamentals	Intermediate	Fundamentals	Intermediate	Fundamentals		
7:45 - 9:00	Advanced	Competition	Advanced	Intermediate	NOGI	Advanced	



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