



ALLIANCE
JIU JITSU TEAM

CORAL SPRINGS - FL



sedo jiu jitsu

4674 CORAL RIDGE DR
CORAL SPRINGS
FL - 33076
TEL: 786-488-4645

MON	TUE	WED	THU	FRI-NO GI	SAT	SUN
PRIVATE CLASS	7:00 AM BJJ ADULT	PRIVATE CLASS	7:00 AM ADV BJJ	8:00 AM WRESTLING FOR BJJ	PRIVATE CLASS	
8:00 AM BJJ ADULT	PRIVATE CLASS	8:00 AM BJJ ADULT	8:15 AM WOMAN'S SELF DEFENSE	PRIVATE CLASS	9:30AM LITTLE TROOPERS & TROOPERS BJJ	
NOON BLACK BELT CLASS	10:00 AM LAW ENFORCEMENT TRAINING	PRIVATE CLASS	10:00 AM LAW ENFORCEMENT TRAINING	PRIVATE CLASS	10:30 AM ADULT BJJ [WEEKLY REVIEW]	
3:15 PM MINI TROOPERS	PRIVATE CLASS	3:15 PM MINI TROOPERS	PRIVATE CLASS	3:15 PM MINI TROOPERS NOGI	<ul style="list-style-type: none"> MINI TROOPERS AGES 4-6 LITTLE TROOPERS AGES 6-10 TROOPERS AGES 10-15 PRIVATES CLASSES COMPETITION CLASS [BY INVITATION ONLY] OPEN MAT [SUNDAY - FOR MEMBERS ONLY] 	
4:00 PM LITTLE TROOPERS	4:00 PM LITTLE TROOPERS	4:00 PM LITTLE TROOPERS	4:00 PM LITTLE TROOPERS	4:00 PM LITTLE TROOPERS NOGI		
5:00 PM TROOPERS	5:00 PM TROOPERS	5:00 PM TROOPERS	5:00 PM TROOPERS	5:00 PM TROOPERS NOGI		
6:00 PM BJJ BEGINNERS	6:00 PM BJJ ADULT [ADVANCED]	6:00 PM BJJ ADULT [BEGINNERS]	6:00 PM BJJ ADULT [ADVANCED]	6:00 PM		
6:00 PM WOMEN'S JIU-JITSU						
7:00 PM BJJ ADULT [ADVANCED]	7:00 PM BJJ ADULT [BEGINNERS]	7:00 PM BJJ ADULT [ADVANCED]	7:00 PM BJJ ADULT [BEGINNERS]	BJJ ADULT NO GI		