



**ALLIANCE**  
JIU JITSU TEAM

CORAL SPRINGS - FL



*seda jiu jitsu*

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MON	TUE	WED	THU	FRI-NO GI	SAT	SUN
PRIVATE CLASS	7:00 AM BJJ ADULT	5:30 AM NO-GI WRESTLING	7:00 AM ADV BJJ	5:30 AM NO-GI WRESTLING	PRIVATE CLASS	
8:00 AM BJJ ADULT	8:10 AM WOMAN'S SELF DEFENSE	8:00 AM BJJ ADULT	8:10 AM FLEXIBILITY AND MOBILITY	8:00 AM BJJ NO GI	9:30AM LITTLE TROOPERS & TROOPERS BJJ	9:30 AM NO-GI OPEN MAT
NOON BLACK BELT CLASS	10:00 AM LAW ENFORCEMENT TRAINING	NOON BLACK BELT 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"> <li>• <b>MINI TROOPERS</b> AGES 4-6</li> <li>• <b>LITTLE TROOPERS</b> AGES 6-10</li> <li>• <b>TROOPERS</b> AGES 10-15</li> <li>• <b>PRIVATES CLASSES</b> [BY APPOINTMENT]</li> <li>• <b>COMPETITION CLASS</b> [ BY INVITATION ONLY ]</li> <li>• <b>OPEN MAT</b> [ SUNDAY - FOR MEMBERS ONLY ]</li> </ul>	
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 TO 7:00PM		
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		