

ALLIANCE CORAL SPRINGS CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Private class	7:00AM Adult BJJ	5:30AM ADULT NO-GI WRESTLING	7:00AM Adult ADV BJJ	5:30AM ADULT NO-GI WRESTLING	9:00AM MIXED KIDS CLASS	Private classes
8:00AM Adult BJJ	Private class	8:00AM Adult BJJ	8:15AM WOMEN'S SELF DEFENSE	8:00AM Adult BJJ NO-GI	10:00AM ADULT BEG BJJ (WEEKLY REVIEW)	ADULT OPEN MAT NO-GI
12:00PM BLACK BELT	10:00AM LAW ENFORCEMENT	12:00PM BLACK BELT	10:00AM LAW ENFORCEMENT	Private class	11:00AM ADULT ADV BJJ (Q&A)	
3:15PM MINI TROOPERS	3:15PM TINY TROOPERS	3:15PM MINI TROOPERS	3:15PM TINY TROOPERS	3:15PM MINI TROOPERS NO-GI		
4:00PM LITTLE TROOPERS	4:00PM LITTLE TROOPERS	4:00PM LITTLE TROOPERS	4:00PM LITTLE TROOPERS	4:00PM LITTLE TROOPERS NO-GI		
5:00PM TROOPERS	5:00PM ADV KIDS COMP TEAM	5:00PM TROOPERS	5:00PM TROOPERS	5:00PM TROOPERS NO-GI	Private classes	Private classes
6:00PM ADULT BEG BJJ WOMEN BJJ	6:00PM ADULT ADV BJJ	6:00PM ADULT BEG BJJ	6:00PM ADULT ADV BJJ	6:00PM Adult BJJ NO-GI		
7:00PM ADULT ADV BJJ	7:00PM ADULT BEG BJJ	7:00PM ADULT ADV BJJ	7:00PM ADULT BEG BJJ			

- **TINY TROOPERS:** 3-4 years old (30 min class)
- **MINI TROOPERS:** 5-6 years old (45min class)
- **LITTLE TROOPERS:** 7-9 years old (55min class)
- **TROOPERS:** 10-14 years old (55min class)
- **ADV KIDS COMPETITION CLASS:** By invite only or coach's approval
- **MIXED KIDS CLASS:** Only Little troopers and troopers
Our Kids classes are based on age and skill level, and coaches can determine the right class for each child
- **OPEN MAT:** Sundays are members ONLY
- **PRIVATE CLASSES:** By appointment upon request