

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 Classes | 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 |
| 10AM Homeschool class | | 10AM Homeschool class | Private class | Private Classes | | Private classes |
| 12:00PM BLACK BELT | 10:00AM LAW ENFORCEMENT | 12:00PM BLACK BELT | 10:00AM LAW ENFORCEMENT | 3:15PM MINI TROOPERS | 11:00AM ADULT ADV BJJ (Q&A) | Private classes |
| 3:15PM MINI TROOPERS | 3:15PM TINY TROOPERS | 3:15PM MINI TROOPERS | 3:15PM TINY TROOPERS | 3:15PM MINI TROOPERS NO-GI | | Private classes |
| 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 KIDS ADVANCED CLASS | 5:00PM TROOPERS | 5:00PM TROOPERS | 5:00PM TROOPERS NO-GI | | |
| 6:00PM ADULT BEG 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)
- **KIDS ADVANCED CLASS:** coach's approval ONLY
- **TROOPERS DAY ACADEMY:** FOR HOMESCHOOL KIDS AGES 5-12
- **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