



ALLIANCE
JIU JITSU TEAM

CORAL SPRINGS - FL



seda jiu jitsu

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CORAL SPRINGS
FL - 33076
TEL: 786-488-4645

MON	TUE	WED	THU	FRI	SAT	SUN
PRIVATE CLASS	7:00 AM BJJ ADULT	PRIVATE CLASS	7:00 AM BJJ ADULT	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 4-5 • LITTLE TROOPERS AGES 6-10 • TROOPERS AGES 10-15 • PRIVATES CLASSES UPON REQUEST • SUNDAY <u>OPEN MAT FOR MEMBERS</u> [BY INVITATION 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 WOMEN'S JIU-JITSU	6:00 PM BJJ ADULT [ADVANCED]	6:00 PM BJJ ADULT [BEGINNERS]	6:00 PM BJJ ADULT [ADVANCED]	6:00 PM		
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		