



CRISPIM BJJ & MMA SCHEDULE

Inside of Thomas Martial Arts
 2196 American Ave., Hayward, CA 94545
 925-468-0330 * www.CrispimBJJ.com
 Effective February 21, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM						
6:15		Adult BJJ		Adult BJJ		
6:30		6:00-7:00am		6:00-7:00am		
6:45						
7:00						
3:45						
4:00	Kids BJJ		Kids BJJ			
4:15	Ages 4-6		Ages 4-6			
4:30	4:00-4:45		4:00-4:45			
4:45	Kids BJJ		Kids BJJ			
5:00	Ages 7-10		Ages 7-10			
5:15	4:45-5:30		4:45-5:30			
5:30	Kids BJJ		Kids BJJ			
5:45	Ages 11-14		Ages 11-14			
6:00	5:30-6:15		5:30-6:15			
6:15						
6:30						
6:45						
7:00	Adult BJJ		Adult BJJ			
7:15	6:30-8:00		6:30-8:00			
7:30						
7:45						
8:00						
8:15						

