



CRISPIM BJJ & MMA SCHEDULE

Inside of Thomas Martial Arts
 2196 American Ave., Hayward, CA 94545
 510-918-2457 * www.CrispimBJJ.com

Effective Monday, May 3rd, 2021

	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	Kids BJJ		Kids BJJ			
4:00	Ages 4-6		Ages 4-6			
4:15	3:45-4:15		3:45-4:15			
4:30	Kids BJJ		Kids BJJ			
4:45	Ages 7-10		Ages 7-10			
5:00	4:30-5:15		4:30-5:15			
5:15						
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						

