



CRISPIM BJJ & MMA PLEASANTON HQ

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Effective 4/1/22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00						
6:30	Adult BJJ 6-7am	*Fitness 6-7am	Adult BJJ 6-7am	*Fitness 6-7am	Adult BJJ 6-7am	
6:45						
7:00						
8:00		Law Enforcement Training		Law Enforcement Training		
8:30						
8:45						*Fitness
9:00						Kids BJJ Ages 4-8 9-9:45
9:15						
9:30						
9:45						
10:00						Kids BJJ Ages 9-14 9:45-10:45
10:15						MMA Fitness 10-10:45
10:30						
10:45						
11:00						
11:15	Adult BJJ 11-12		Adult BJJ 11-12:30		Adult BJJ 11-12	Adult BJJ 11-12:30
11:30						
11:45						
12:00		MMA Fitness 12-1pm		MMA Fitness 12-1pm		
12:15			Boxing 12-1pm			
12:30						
12:45						
1:00						
1:15						
4:00	Kids BJJ 4-6 4:00-4:40	Kids MT Ages 7-10 4:00-4:45	Kids BJJ 4-6 4:00-4:40	Kids MT Ages 7-10 4:00-4:45	Kids BJJ 4-6 4:00-4:40	Kids MT Ages 7-10 4:00-4:45
4:15						Advanced Kids BJJ Ages 7-14 4-5:00
4:30						
4:45	Kids BJJ Ages 7-10 4:45-5:30	Kids MT Ages 11-14 4:45-5:30	Kids BJJ Ages 7-10 4:45-5:30	Kids MT Ages 11-14 4:45-5:30	Kids BJJ Ages 7-10 4:45-5:30	Kids MT Ages 11-14 4:45-5:30
5:00						
5:15						
5:30	Kids BJJ Ages 11-14 5:30-6:30	Kids BJJ Ages 11-14 5:30-6:30	Kids BJJ Ages 11-14 5:30-6:30	Kids BJJ Ages 11-14 5:30-6:30	Kids BJJ Ages 11-14 5:30-6:30	
5:45						
6:00		Boxing 6:00-7:00	*Adult Fitness 6-7pm	Muay Thai All Levels 6-7pm	Boxing 6:00-7:00	Kids MT Ages 11-14 6:00-7:00
6:15						
6:30	Adult BJJ Fundamental 6:30-7:30	Teen BJJ Ages 15-18 6:30-7:30	Adult No Gi 6:30-7:30	Adult BJJ Fundamental 6:30-7:30	Adult BJJ Fundamental 6:30-7:30	Teen BJJ Ages 15-18 6:30-7:30
6:45						
7:00		MMA 101 7:00-8:00	Muay Thai All Levels 7-8pm		Muay Thai All Levels 7-8pm	**Level 2 Muay Thai/Sparring 7:00-8:00
7:15						
7:30	Adult BJJ Advanced 7:30-8:30		Adult BJJ Advanced 7:30-8:30	Adult BJJ Advanced 7:30-8:30	Adult BJJ Advanced 7:30-8:30	
7:45						
8:00						
8:15						
8:30						

* Fitness Program - Monday & Tuesday classes will focus on Power & Strength with Weights, Wednesday & Thursday classes will focus on cardiovascular, core, etc., and Saturday Classes will be functional fitness.

** Level 2 Muay Thai/Sparring requires instructor approval to attend, as well as specific safety gear.

PLEASE NOTE - The first Friday of each month will be Adult Open Mat, and the Kids MT and Level 2 Muay Thai classes will be cancelled

* Kids Advanced BJJ - requires a solid gray belt or higher