



CRISPIIM BJJ & MMA PLEASANTON HQ

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Effective 1/26/26

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

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

*** Technical Sparring - no sparring experience required. Gear needed for sparring is gloves, handwraps, shinguards, mouthguard, headgear & groin protector.

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

Striking Class (Adult)- combination of both Boxing and Muay Thai