



CRISPIM BJJ & MMA PLEASANTON HQ

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Effective 6/21/21

	SUNDAY	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							Fitness 8:30-9:30
8:45							
9:00							Kids BJJ Ages 4-8 9-9:45
9:15							
9:30							Kids BJJ Ages 9-14 9:45-10:45
9:45							MMA Fitness 10-10:45
10:00							
10:15							
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							
3:45							
4:00	Kids BJJ 4-6 3:45-4:25	Kids MT Ages 7-10 4-4:45	Kids BJJ 4-6 3:45-4:25	Kids MT Ages 7-10 4-4:45	Kids BJJ 4-6 3:45-4:25	Kids MT Ages 7-10 4-4:45	Advanced Kids BJJ Ages 7-14 4-5:00
4:15							
4:30	Kids BJJ Ages 7-10 4:30-5:15	Kids MT Ages 11-14 4:45-5:45	Kids BJJ Ages 7-10 4:30-5:15	Kids MT Ages 11-14 4:45-5:45	Kids BJJ Ages 7-10 4:30-5:15	Kids MT Ages 11-14 4:45-5:45	
4:45							
5:00							
5:15	Kids BJJ Ages 11-14 5:15-6:15		Kids BJJ Ages 11-14 5:15-6:15		Kids BJJ Ages 11-14 5:15-6:15		
5:30							
5:45							
6:00		Boxing 6:00-7:00	Adult Fitness 6-7pm	Boxing 6:00-7:00	Adult Fitness 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		Adult No Gi 6:30-7:30	Adult BJJ Fundamental 6:30-7:30		Adult BJJ Fundamental 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	
7:45							
8:00							
8:15							
8:30							

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