



CRISPIM BJJ & MMA PLEASANTON HQ

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Effective 3/15/21

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00		Adult BJJ		Adult BJJ		Adult BJJ	
6:30		"Contact"	Fitness	"Contact"	Fitness	"Contact"	
6:45		6-7am	6-7am	6-7am	6-7am	6-7am	
7:00							
8:00			Law		Law		
8:30			Enforcement		Enforcement		
8:45			Training		Training		Fitness
9:00							Kids BJJ
9:15							Ages 4-8
9:30							9-9:45
9:45							
10:00							Kids BJJ
10:15							Ages 9-14
10:30							10-10:45
10:45							MMA Fitness
11:00							10-10:45
11:15	Adult BJJ			Adult BJJ		Adult BJJ	Adult BJJ
11:30	No Contact			No Contact		No Contact	No Contact
11:45	11-12			11-12		11-12	11-12
12:00		MMA					
12:15		Fitness	Boxing	MMA			Adult BJJ
12:30		12-1pm	12-1pm	Fitness			"Contact"
12:45				12-1pm			12:15-1:15
1:00							
1:15							
3:45	Kids BJJ 4-6			Kids BJJ 4-6			
4:00	3:45-4:15	Kids MT	Kids MT	3:45-4:15	Kids MT	Advanced	
4:15		Ages 7-10	Ages 7-10		Ages 7-10	Kids BJJ	
4:30	Kids BJJ	4-4:45	4-4:45	Kids BJJ	4-4:45	Ages 7-14	
4:45	Ages 7-10			Ages 7-10	Ages 7-10	4-5:00	
5:00	4:30-5:15	Kids MT	Kids MT	4:30-5:15	4:30-5:15		
5:15		Ages 11-14	Ages 11-14				
5:30	Kids BJJ	5-5:45	5-5:45	Kids BJJ	Kids BJJ		
5:45	Ages 11-14			Ages 11-14	Ages 11-14		
6:00	5:30-6:15	Boxing		5:30-6:15	5:30-6:15		
6:15		PAD Work	Adult		Adult	Boxing	
6:30		6-6:45	Fitness	Boxing	Fitness	6-6:45	
6:45	Adult BJJ		6-7pm		6-7pm		
7:00	No Contact			Adult BJJ		Adult BJJ	
7:15	6:30-7:30			No Contact		No Contact	
7:30			Muay Thai	6:30-7:30		6:30-7:30	Muay Thai
7:45			7-8pm			7-8pm	
8:00	Adult BJJ			Adult BJJ		Adult BJJ	
8:15	"Contact"			"Contact"		"Contact"	
8:30	7:45-8:45			7:45-8:45		7:45-8:45	

** Please note that Thursday Kids BJJ Classes are "Contact" classes.

** All Adult Muay Thai and Boxing classes are both "No Contact" and "Contact" and you can select which one you participate in.