



CRISPIM BJJ & MMA PLEASANTON HQ

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925-468-0330 * www.CrispimBJJ.com

Effective 10/1/2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00	Adult BJJ 6-7am			Adult BJJ 6-7am		
6:30					Adult BJJ 6-7am	
6:45						
7:00						
8:00		Law Enforcement Training			Law Enforcement Training	
8:30						
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						
10:00						
10:15						
10:30						
10:45						
11:00	Adult BJJ 11-12			Adult BJJ 11-12:30		
11:15					Adult BJJ 11-12	
11:30						Adult BJJ 11-12:30
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 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
4:30						
4:45	Kids BJJ Ages 7-10	Kids MT Ages 11-14 4:45-5:30	Kids BJJ Ages 7-10	Kids MT Ages 11-14 4:45-5:30	Kids BJJ Ages 7-10	Kids MT Ages 11-14 4:45-5:30
5:00						
5:15						Kids MT Ages 11-14 5:00-6:00
5:30	Kids BJJ Ages 11-14	Kids BJJ Ages 11-14	Boxing 5:30-6:30	Kids BJJ Ages 11-14 5:30-6:30	Kids BJJ Ages 11-14 5:30-6:30	Boxing 5:30-6:30
5:45						
6:00		Striking Boxing/MT 5:30-6:30		Muay Thai "Clinch" 6-7pm	Boxing 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 6:30-8:00	Adult BJJ Fundamental 6:30-7:30	Adult BJJ Fundamental 6:30-7:30	**Level 2 Muay Thai &Sparring 6:00-8:00pm
6:45						
7:00						
7:15						
7:30	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.

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