



CRISPIM BJJ & MMA PLEASANTON HQ

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Effective 10/1/2024

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