



CRISPIM BJJ & MMA PLEASANTON HQ

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925-468-0330 * www.CrispimBJJ.com

Effective 10/25/21

	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							
8:45							*Fitness 8:30-9:30
9:00							Kids BJJ Ages 4-8 9-9:45
9:15							
9:30							
9:45							
10:00							Kids BJJ Ages 9-14 9:45-10:45
10:15							MMA Fitness 10-10:45
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							
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	Advanced Kids BJJ Ages 7-14 4-5:00
4:15							
4:30							
4:45	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	
5:00							
5:15							
5:30	Kids BJJ Ages 11-14 5:30-6:30		Kids BJJ Ages 11-14 5:30-6:30	Kids BJJ Ages 11-14 5:30-6:30	Kids BJJ Ages 11-14 5:30-6:30		
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	Adult BJJ Advanced 7:30-8:30	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						
7:45							
8:00							
8:15							
8:30							

* Fitness Program - Monday & Tuesday classes will focus on Power & Strength with Weights, Wednesday & Thursday classes will focus on cardiovascular, core, etc., and Saturday Classes will be functional fitness.

** 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