



CRISPIM BJJ & MMA PLEASANTON HQ

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Effective October 12, 2020

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

Please note that some classes are outdoors and some indoors. All indoor classes are designated with "(IN)" and the other classes are all outdoors.