



CRISPIM BJJ & MMA SCHEDULE

2217-E San Ramon Valley Blvd., San Ramon, CA 94583
 925-552-8005 * www.CrispimBJJ.com

Effective February 21, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:45						
4:00	Kids BJJ 4-6	Kids BJJ 4-6	Kids BJJ 4-6	Kids BJJ 4-6		
4:15	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45		
4:30						
4:45	Kids BJJ	Kids BJJ	Kids BJJ	Kids BJJ		
5:00	Ages 7-10	Ages 7-10	Ages 7-10	Ages 7-10		
5:15	4:45-5:30	4:45-5:30	4:45-5:30	4:45-5:30		
5:30	Kids Muay Thai	Kids Muay Thai	Kids Muay Thai	Kids Muay Thai		
5:45	Ages 7-14	Ages 7-10	Ages 7-10	Ages 7-14		
6:00	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15		
6:15	Kids BJJ	Kids Muay Thai	Kids Muay Thai	Kids BJJ		
6:30	Ages 11-14	Ages 11-14	Ages 11-14	Ages 11-14		
6:45	6:15-7:00	6:15-7:00	6:15-7:00	6:15-7:00		
7:00						
7:15	Adult BJJ	Adult BJJ		Adult BJJ		
7:30	7:00-8:00	7:00-8:00		7:00-8:00		
7:45						
8:00						
8:15						

