



CRISPIM BJJ & MMA SCHEDULE

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

Effective March 15, 2021

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

** Please note that the Monday Kids BJJ classes are "contact" classes.
 ** Please note that Adult BJJ classes are "Contact" classes.

