



# CRISPIM BJJ & MMA SCHEDULE

2217-E San Ramon Valley Blvd., San Ramon, CA 94583  
 925-552-8005 \* [www.CrispimBJJ.com](http://www.CrispimBJJ.com)

**Effective October 25,2021**

	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	3:45-4:25	3:45-4:25	3:45-4:25	3:45-4:25		
4:30	Kids BJJ	Kids BJJ	Kids BJJ	Kids BJJ		
4:45	Ages 7-10	Ages 7-10	Ages 7-10	Ages 7-10		
5:00	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15		
5:15						
5:30	Kids Stand Up	Kids Stand Up	Kids Stand Up	Kids Stand Up		
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 Stand Up	Kids Stand Up	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						

