WILD BOYZ MMA * CRISPIM BJJ DANVILLE/SAN RAMON

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925-552-8005 * www.CrispimBJJ.com **Effective 9/5/23**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY	
	BJJ MATS	HEAVY BAG AREA	BJJ MATS	HEAVY BAG AREA	BJJ MATS	HEAVY BAG AREA	BJJ MATS	HEAVY BAG AREA		BJJ MATS	HEAVY BAG AREA
6:00am			Adult				Adult				
6:30am			All Level BJJ				All Level BJJ				
7:00am											
9:00am										Kids BJJ	Adult
9:15am										Ages 4-9	Muay Thai
9:30am										9-9:45am	9-10am
9:45am										Kids BJJ	
10:00am										Ages 10-14	
10:15am										9:45-10:45am	
10:30am											
10:45am											
11:00am										Adult	
11:30am										All Level BJJ	
12:15pm										11-12:30	

	BJJ MATS	HEAVY BAG AREA	BJJ MATS	HEAVY BAG AREA	BJJ MATS	HEAVY BAG AREA	BJJ MATS	HEAVY BAG AREA			
4:00pm	Kids BJJ	Adult	Kids BJJ		Kids BJJ	Adult	Kids BJJ				
4:15pm	Ages 4-6	All Level BJJ	Ages 4-6		Ages 4-6	All Level BJJ	Ages 4-6				
4:30pm	4-4:45pm	4:00-5:00pm	4-4:45pm		4-4:45pm	4:00-5:00pm	4-4:45pm				
4:45pm	Kids BJJ		Kids BJJ		Kids BJJ		Kids BJJ				
5:00pm	Ages 7-9		Ages 7-9		Ages 7-9		Ages 7-9				
5:15pm	4:45-5:30pm		4:45-5:30pm		4:45-5:30pm		4:45-5:30pm				
5:30pm	Kids BJJ	Kids Muay Thai	Kids BJJ	Kids Muay Thai	Kids BJJ	Kids Muay Thai	Kids BJJ	Kids Muay Thai			
5:45pm	Ages 10-14	Ages 7-9	Ages 10-14	Ages 7-9	Ages 10-14	Ages 7-9	Ages 10-14	Ages 7-9			
6:00pm	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm	5:30-6:15pm			
6:15pm		Kids Muay Thai		Kids Muay Thai		Kids Muay Thai		Kids Muay Thai			
6:30pm	Adult	Ages 10-14	Adult	Ages 10-14	Adult	Ages 10-14	Adult	Ages 10-14			
6:45pm	All Level BJJ	6:15-7pm	Fundamental	6:15-7pm	All Level BJJ	6:15-7pm	Fundamental	6:15-7pm			
7:00pm	6:30-7:30pm	Adult	BJJ	Adult	6:30-7:30pm	Adult	BJJ	Adult			
7:15pm		Muay Thai	6:30-7:30pm	Muay Thai		Muay Thai	6:30-7:30pm	Muay Thai			
7:30pm	Adult	7-8pm	Adult	7-8pm	Adult	7-8pm	Adult	7-8pm			
7:45pm	No GI		Advanced BJJ		No GI		Advanced BJJ				
8:00pm	7:30-8:30pm		7:30-8:30pm		7:30-8:30pm		7:30-8:30pm				
8:15pm											