

Crest Brazilian Jiu Jitsu - Class Schedule

As of March 2019

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6am	Adult GI 6-7:30am		Adult No-GI 6-7:30am		Adult GI 6-7:30am		
7am							
8am							
9am							
10am							
11am						All Kids & Teens 10:30-11:30am	
12pm						Open Mat (Adults and Teens) 11:30-12:30pm	
1pm							
2pm							
3pm							
4pm							
5pm		Little Cresters (Age 5-7) 4:45-5:30pm		Little Cresters (Age 5-7) 4:45-5:30pm			
6pm		Juniors (Age 8-11) 5:30-6:30pm	Adult Gi 6-7pm	Juniors (Age 8-11) 5:30-6:30pm	Adult No-Gi/ Open Mat 6-7pm		
7pm	Adult No-Gi 7-8pm	Adult Beginner Gi & Teens 6:30-7:30pm		Adult Beginner Gi & Teens 6:30-7:30pm			
8pm		Comp Class 7:30-8:30pm		Comp Class 7:30-8:30pm			
9pm							