

Crest Brazilian Jiu Jitsu

Effective 8/9/21

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
6am	Adult BJJ (Gi) 5:45-7:15am	.	Adult BJJ (NoGi) 5:45-7:15am	.	Adult BJJ (Gi) 5:45-7:15am		.
7am							
3pm
4pm	Saturday classes will be announced to members through our private Facebook Group.	.
5pm	Littles BJJ - Level 1 (Age 5-6) 4:45-5:30pm	Littles BJJ - Level 2 (Age 5-6) 4:45-5:30pm	Kids NoGi / Wrestling Elementary 4:45-5:30pm	Littles BJJ - Level 2 (Age 5-6) 4:45-5:30pm	Littles BJJ - Level 1 (Age 5-6) 4:45-5:30pm		Open Mat (NoGi) 4-5pm
6pm	Juniors BJJ - Level 1 (Age 7-11) 5:30-6:30pm	Juniors BJJ - Level 2 (Age 7-11) 5:30-6:30pm	Kids NoGi / Wrestling Middle School 5:30-6:15pm	Juniors BJJ - Level 2 (Age 7-11) 5:30-6:30pm	Juniors BJJ - Level 1 (Age 7-11) 5:30-6:30pm		Open Mat (Gi) 5-6pm
7pm	PreTeen/Teen BJJ All Levels (Age 12-16) 6:30-7:30pm	Ladies Class 6:30-7:30pm	Adult BJJ (NoGi) 6:30-7:30pm	Ladies Class 6:30-7:30pm	PreTeen/Teen BJJ All Levels (Age 12-16) 6:30-7:30pm		.
8pm	Adult BJJ (Gi) 7:30-8:30pm	Adult BJJ (Gi) Fundamentals 7:30-8:30pm	.	Adult BJJ (Gi) Fundamentals 7:30-8:30pm	Friday evening open mats will be announced on our private Facebook Group.		.