

Crest Brazilian Jiu Jitsu

Updated & effective July 20, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Adult BJJ (Gi) 5:45 - 7:15am	.	Adult BJJ (NoGi) 5:45 - 7:15am	.	Adult BJJ (Gi) 5:45 - 7:15am	.	.
7:00 AM	
8:00 AM	Open Mat 8 - 9am	.
10:00 AM
11:00 AM
12:00 PM	Ladies BJJ & Blue Belt Prep 12 - 1pm	.	.
1:00 PM
4:00 PM	Open Mat (Gi) 4 - 5pm
5:00 PM	Littles BJJ - Level 1 (Age 5-6) 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	Littles BJJ - Level 2 (Age 5-6) 4:45 - 5:30pm	Kids NoGi/Wrestling Elementary (Age 5-11) 4:45 - 5:30pm	.	
6:00 PM	Juniors BJJ - Level 1 (Age 7-11) 5:30 - 6:30pm	Juniors BJJ - Level 2 (Age 7-11) 5:30 - 6:30pm	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/High School (Age 12+) 5:30 - 6:30pm	.	.
7:00 PM	PreTeen/Teen BJJ - Level 1 (Age 12-16) 6:30 - 7:30pm	PreTeen/Teen BJJ - Level 2 (Age 12-16) 6:30 - 7:30pm	PreTeen/Teen BJJ - Level 1 (Age 12-16) 6:30 - 7:30pm	PreTeen/Teen BJJ - Level 2 (Age 12-16) 6:30 - 7:30pm	Adult Fundamentals (NoGi) 6:30 - 7:30pm	.	.
8:00 PM	Adult BJJ (NoGi) 7:30 - 8:30pm	Adult Fundamentals (Gi) 7:30 - 8:30pm	Adult BJJ (NoGi) 7:30 - 8:30pm	Adult Fundamentals (Gi) 7:30 - 8:30pm		.	.