

# Crest Brazilian Jiu Jitsu

Updated & effective January 15, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Adult BJJ (Gi) All Levels 5:45 - 7:15am	.	Adult BJJ (NoGi) All Levels 5:45 - 7:15am	.	Adult BJJ (Gi) All Levels 5:45 - 7:15am	.	.
7:00 AM		.		.		.	.
8:00 AM	.	.	.	.	.	Open Mat (Gi or NoGi) All Levels 8 - 9am	.
10:00 AM	.	.	Ladies Class (Gi) All Levels 10 - 11am	.	.		.
11:00 AM	.	.		.	.	.	.
12:00 PM	.	.	.	.	.	.	.
1:00 PM	.	.	.	.	.	.	.
4:00 PM	.	Preschool BJJ (Age 3&4) 4 - 4:30pm	.	Preschool BJJ (Age 3&4) 4 - 4:30pm	.	.	Open Mat (Gi) All Levels 4 - 5pm
5:00 PM	Littles BJJ - Level 1 (Age 5-6) 4:30 - 5:30pm		Littles BJJ - Level 2 (Age 5-6) 4:30 - 5:30pm		Littles BJJ - Level 1 (Age 5-6) 4:30 - 5:30pm	Littles BJJ - Level 2 (Age 5-6) 4:30 - 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 (Age 10-13) 6:30 - 7:30pm	PreTeen/Teen BJJ (Age 12-16) 6:30 - 7:30pm	PreTeen (Age 10-13) 6:30 - 7:30pm	PreTeen/Teen BJJ (Age 12-16) 6:30 - 7:30pm		.	.
8:00 PM	Adult BJJ (Gi) All Levels 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	.	.	.
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