

Crest Brazilian Jiu Jitsu

Updated & effective June 10, 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	Adult Competition Class 8 - 9am	.
9:00 AM	.	IronTide Wrestling Ages 12-High School *Experienced 10 & 11 year olds allowed 9 - 10:30am	.	IronTide Wrestling Ages 12-High School *Experienced 10 & 11 year olds allowed 9 - 10:30am	.		Adult Open Mat (Gi) All Levels 9 - 9:45am
10:00 AM	.		Ladies Class (Gi) All Levels 9:30 - 10:30am		Ladies Class (Gi) All Levels 9:30 - 10:30am	Open Mat (NoGi) All Levels 9:45 - 10:30am	
11:00 AM	.	IronTide Wrestling Ages 5-11 10:30am - 12pm	.	IronTide Wrestling Ages 5-11 10:30am - 12pm	.	.	.
12:00 PM
1:00 PM
4:00 PM	IronTide Wrestling Ages 5-6 4 - 5pm	Preschool BJJ (Age 3&4) 4 - 4:30pm	.	Preschool BJJ (Age 3&4) 4 - 4:30pm	IronTide Wrestling Ages 5-6 4 - 5pm	.	.
5:00 PM		Kids Competition Team 5 - 6pm	Littles Gi (Age 5-6) 4:30 - 5:30pm	Kids NoGi 4:30 - 5:30pm		Littles Gi (Age 5-6) 4:30 - 5:30pm	IronTide Wrestling Ages 7-11 5 - 6:30pm
6:00 PM	.	Juniors Gi (Age 7-11) 5:30 - 6:30pm	Adult NoGi 6 - 7pm	Juniors Gi (Age 7-11) 5:30 - 6:30pm	.	.	.
7:00 PM	Adult BJJ (Gi) All Levels 6:30 - 7:30pm	PreTeen/Teen Gi (Age 12-16) 6:30 - 7:30pm	IronTide Wrestling Ages 12-High School *Experienced 10 & 11 year olds allowed 6 - 8pm	PreTeen/Teen Gi (Age 12-16) 6:30 - 7:30pm	.	.	.
8:00 PM	.	Adult Fundamentals (Gi) 7:30 - 8:30pm	.	Adult Fundamentals (Gi) 7:30 - 8:30pm	.	.	.