

WEEKLY SCHEDULE

ADULTS | DANVILLE



MONDAY 6:15 PM ALL LEVELS	TUESDAY 6:15 PM ALL LEVELS	WEDNESDAY 6:15 AM ALL LEVELS 6:15 PM NOGI ALL LEVELS
THURSDAY 6:15 PM ALL LEVELS	FRIDAY	SATURDAY 12:00 PM SISTERHOOD

FUNDAMENTALS ALL LEVELS

Focuses on Jiu-Jitsu fundamentals. Suitable for all levels—beginners learn the basics, while advanced students refine essential skills.

NO-GI ALL LEVELS

Focuses on No-Gi Jiu-Jitsu, emphasizing movement, speed, and control without the traditional uniform.

SISTERHOOD A CLASS EXCLUSIVE FOR WOMEN.

Empowered Together. Tailored specifically for women's needs, this class emphasizes self-defense, confidence, and self-esteem within a supportive and empowering community

EXECUTIVE CLUB 40+ | COMING SOON (RESTRICTED ACCESS)

Invitation-only training for high performers, focused on composure, emotional control, creativity, and elite networking. Limited capacity.



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