

WEEKLY SCHEDULE

ADULTS | WALNUT CREEK



MONDAY

10:15 AM **NOGI ALL LEVELS**
6:15 PM **BJJ FUNDAMENTALS**

THURSDAY

6:15 AM **BJJ FUNDAMENTALS**
12:00 PM **THE LAB | ADVANCED**

TUESDAY

6:15 AM **BJJ FUNDAMENTALS**
12:00 PM **THE LAB | ADVANCED**

FRIDAY

10:15 AM **BJJ FUNDAMENTALS**
6:15 PM **KAIZEN | Q&A + DRILLING**

WEDNESDAY

10:15 AM **NOGI ALL LEVELS**
6:15 PM **BJJ FUNDAMENTALS**

SATURDAY

12:15 PM **OPEN MAT**

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.

EXECUTIVE CLUB 40+ (RESTRICTED ACCESS)

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

THE LAB COMPLEX TECHNIQUES

Focuses on advanced techniques and high-level strategy. Best suited for experienced students or those with a wrestling or judo background looking to deepen their skills.

KAIZEN Q&A & SPECIFIC TRAINING

Q&A-based training focused on solving technical challenges, followed by supervised live rolling.



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