WEEKLY SCHEDULE

ADULTS | WALNUT CREEK

ESSENCE
JIU-JITSU & WELLNESS

More than a sport, a way of life®

MONDAY

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

TUESDAY

6:15 AM	BJJ FUNDAMENTALS
10:15 AM	FLOW ALL LEVELS

WEDNESDAY

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

THURSDAY

6:15 AM	BJJ FUNDAMENTALS
10:15 AM	FLOW ALL LEVELS

FRIDAY

10:15 AM	BJJ FUNDAMENTALS
6:15 PM	ROLLS

SATURDAY

12:15 PM	ROLLS

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.

FLOW
ALL LEVELS
A fluid, movement-based class for all levels. Warm up through flowing drills, connect one position to the next, and finish with rolling.

ROLLS
OPEN ROLLING
Open rolling rounds to put your technique into practice in a friendly, supervised environment.

EXECUTIVE CLUB 40+
COMING SOON – JOIN THE WAITLIST
Invitation-only training for high performers, focused on composure, emotional control, creativity, and elite networking. Limited capacity.

SCAN ME

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