



Little Samurai 4 - 6 years old
Little Warrior 4 - 6 years old
BJJ Blue (Beginner)  
BJJ Kids 7 - 9 years old
MT Kids 7 - 9 years old
BJJ (Purple), BJJ (No-Gi)  
only 3 stripes White Belt and higher are permitted  
BJJ Preteen 10 - 13 years old
MT Preteen 10 - 13 years old

**EVOLVE ORCHARD CENTRAL CLASS SCHEDULE**  
Effective January 15, 2018  
BJJ Kids Competition Program 8-13 years old

6:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	6:30
6:45		Open Gym		Open Gym				6:45
7:00	Muay Thai 06:30							7:00
7:15		BJJ (Blue) 06:45	Boxing (I) 06:30		Boxing (I) 06:30			7:15
7:30			BJJ (Purple) 06:45	BJJ (Blue) 06:45	BJJ (Purple) 06:45			7:30
7:45								7:45
8:00	Muay Thai 07:30	WarriorFit 07:45	Muay Thai 07:30	Boxing (I) 07:30	Muay Thai 07:30	BJJ (Blue) 07:45	Open Gym	8:00
8:15			MT Sparring 08:30		MT Sparring 08:30	BJJ (Purple) 07:45	Yoga 07:30	8:15
8:30							Open Gym	8:30
8:45							Open Gym	8:45
9:00							Open Gym	9:00
9:15							Open Gym	9:15
9:30							Open Gym	9:30
9:45							Open Gym	9:45
10:00							Open Gym	10:00
10:15							Open Gym	10:15
10:30							Open Gym	10:30
10:45							Open Gym	10:45
11:00							Open Gym	11:00
11:15							Open Gym	11:15
11:30	Muay Thai 11:00	BJJ (Purple) 11:00	Muay Thai 11:00	BJJ Randori 11:00	Muay Thai 11:00	BJJ (No-Gi) 11:00	Muay Thai 07:45	11:30
11:45			Muay Thai 11:15	BJJ (Blue) 11:15	Muay Thai 11:15	BJJ (Blue) 11:15	Wrestling 05:00	11:45
12:00	Boxing (I) 11:45						BJJ (Blue) 09:30	12:00
12:15							Muay Thai Sparring 08:45	12:15
12:30							BJJ (Blue) 08:45	12:30
12:45							BJJ (Women) 09:30	12:45
13:00	Muay Thai 12:30						BJJ (Purple) 10:30	13:00
13:15							Muay Thai 09:45	13:15
13:30							Muay Thai 10:45	13:30
13:45	Muay Thai 13:15						BJJ (Purple) 11:00	13:45
14:00							Muay Thai 11:00	14:00
14:15	Muay Thai 14:00						BJJ (Blue) 11:30	14:15
14:30							Boxing (I) 11:45	14:30
14:45							WarriorFit 11:30	14:45
15:00							Boxing (I) 11:45	15:00
15:15							BJJ (Blue) 12:00	15:15
15:30							WarriorFit 12:15	15:30
15:45							Muay Thai 12:30	15:45
16:00	Muay Thai 15:30						WarriorFit 12:30	16:00
16:15							Muay Thai 12:45	16:15
16:30	Little Samurai 16:00						BJJ (Blue) 12:30	16:30
16:45							Boxing (I) 11:45	16:45
17:00	Boxing (I) 16:30						BJJ (Blue) 12:00	17:00
17:15							WarriorFit 13:00	17:15
17:30							Muay Thai 13:15	17:30
17:45							Muay Thai 13:45	17:45
18:00	Muay Thai 17:30						Boxing (I) 13:30	18:00
18:15							Muay Thai 13:45	18:15
18:30							BJJ (Blue) 13:30	18:30
18:45							Muay Thai 13:45	18:45
19:00	Muay Thai 18:30						BJJ (Blue) 13:00	19:00
19:15							Boxing (I) 11:45	19:15
19:30							BJJ (Blue) 12:30	19:30
19:45							Muay Thai 12:45	19:45
20:00	Muay Thai 19:30						BJJ (Blue) 12:00	20:00
20:15							WarriorFit 13:00	20:15
20:30							Muay Thai 13:15	20:30
20:45							Muay Thai 13:45	20:45
21:00	Muay Thai Sparring 20:30						Boxing (I) 13:30	21:00
21:15							Muay Thai 13:45	21:15
21:30							BJJ (Blue) 13:30	21:30
21:45							Boxing (I) 11:45	21:45
22:00	Muay Thai 21:30						BJJ (Blue) 12:30	22:00
22:15							Muay Thai 12:45	22:15
22:30							BJJ (Blue) 12:00	22:30
22:45							WarriorFit 13:00	22:45
23:00							Muay Thai 13:15	23:00

**Legend:**  
Muay Thai (Beginner)
Muay Thai (Intermediate)
Boxing (Beginner)
Boxing (Intermediate)  
Muay Thai Level I
Muay Thai Level II - V
Boxing Level I
Boxing Level II