



Legend:

- Little Samurai 4 - 6 years old
- BJJ Kids 7- 9 years old
- BJJ Preteen 10 - 13 years old

- Little Warrior 4 - 6 years old
- MT Kids 7- 9 years old
- MT Preteen 10 - 13 years old

EVOLVE PoMo Mail

CLASS SCHEDULE

Effective Jan 14, 2018

- BJJ Blue (Beginner)
- BJJ (Purple), BJJ (No-Gi)
only 3 stripes White Belt and higher are permitted
- BJJ (Black)
only 2 stripes Blue Belt and higher are permitted

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

Legend:
 Boxing (Beginner)
 Boxing Level I

Legend:
 Muay Thai (Beginner)
 Muay Thai Level I
 Muay Thai (Intermediate)
 Muay Thai Level II - V
 Muay Thai (Advanced Novice)
 Muay Thai Level III - V