



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)
BJJ Preteen 10 - 13 years old
MT Preteen 10 - 13 years old

only 3 stripes White Belt and higher are permitted

EVOLVE ONE KM

CLASS SCHEDULE  
Effective 15 July 2018

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

**Legend:**

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