



- 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 KINEX

CLASS SCHEDULE
Effective January 15th, 2019

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

Legend:

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