



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 ORCHARD CENTRAL CLASS SCHEDULE

Effective January 15th, 2019

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	Open Gym	Open Gym	Open Gym			6:45
7:00	Muay Thai 06:30	Boxing (I) 06:30	Muay Thai 06:30	Boxing (I) 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			7:15
7:30								7:30
7:45						Open Gym	Open Gym	7:45
8:00	Muay Thai 07:30	Muay Thai 07:30	Boxing (I) 07:30	Muay Thai 07:30	Muay Thai 07:30	Yoga 07:30	Open Gym	8:00
8:15	WarriorFit 07:45	BJJ (Blue) 07:45	WarriorFit 07:45	BJJ (Blue) 07:45	BJJ (Purple) 07:45	MT (Women) 07:45	Muay Thai Clinching 07:45	8:15
8:30		MT Sparring 08:30		MT Sparring 08:30			Wrestling 08:00	8:30
8:45								8:45
9:00	Open Gym							9:00
9:15								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 Sparring 10:30	Muay Thai 10:15	Yoga 10:00	Muay Thai 10:15		BJJ (Purple) 10:00	10:30
10:45								10:45
11:00								11:00
11:15	Muay Thai 11:00	Muay Thai 11:15	Muay Thai 11:00	BJJ Randori 11:00	Muay Thai 11:00	Muay Thai 10:45	Muay Thai 10:45	11:15
11:30	BJJ (Purple) 11:00	BJJ (Blue) 11:15	BJJ (Blue) 11:00	BJJ (Blue) 11:15	BJJ (No-Gi) 11:00		BJJ Randori 11:00	11:30
11:45								11:45
12:00	Boxing (I) 11:45		Boxing (I) 11:45		Boxing (I) 11:45		WarriorFit 11:30	12:00
12:15	BJJ (Blue) 12:00	Muay Thai 12:00	BJJ (Blue) 12:00	Muay Thai 12:00	BJJ (Blue) 12:00	Boxing (I) 11:45	Boxing (I) 11:45	12:15
12:30	Muay Thai 12:30	WarriorFit 12:15	Muay Thai 12:30	WarriorFit 12:15	Muay Thai 12:30	WarriorFit 12:30	BJJ (Blue) 12:30	12:30
12:45								12:45
13:00								13:00
13:15	WarriorFit 13:00	Boxing (I) 12:45	BJJ (Purple) 13:00	WarriorFit 13:00	BJJ (Purple) 13:00	Muay Thai 12:45	Muay Thai 12:45	13:15
13:30	Muay Thai 13:15	Muay Thai 13:30	Muay Thai 13:15	WarriorFit 13:00	Muay Thai 13:15			13:30
13:45								13:45
14:00	Boxing (I) 14:00	Open Gym	Boxing (I) 14:00	Open Gym	Boxing (II) 14:00	Open Gym	Muay Thai 13:45	14:00
14:15								14:15
14:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym			14:30
14:45								14:45
15:00								15:00
15:15	Open Gym		Open Gym	Open Gym	Open Gym	MT- Preteen 14:45	Little Samurai 14:30	15:15
15:30	BJJ (Blue) 15:00	Muay Thai 15:15	BJJ (Blue) 15:00	BJJ (Blue) 15:00	BJJ (Blue) 15:00		MT- Preteen 14:45	15:30
15:45								15:45
16:00	Muay Thai 15:30	Muay Thai Sparring 15:30	Muay Thai 15:45	Little Samurai 16:00	Muay Thai 15:30	Little Warrior 15:30	Little Warrior 15:30	16:00
16:15	Little Samurai 16:00	Boxing (I) 16:15	BJJ (Blue) 16:30	BJJ (Blue) 16:30	Boxing (I) 16:30	BJJ- Preteen 16:00	BJJ- Preteen 16:00	16:15
16:30								16:30
16:45	Boxing (I) 16:30	BJJ- Kids 16:45	Little Warrior 16:45	BJJ- Kids 16:45	Boxing (I) 16:30	BJJ- Kids 16:45	Muay Thai Kids 16:15	16:45
17:00								17:00
17:15								17:15
17:30								17:30
17:45								17:45
18:00	Muay Thai 17:30	Muay Thai 17:15	BJJ (Purple) 17:30	BJJ- Preteen 17:30	Muay Thai 17:15	BJJ (Purple) 17:30	Muay Thai 17:00	18:00
18:15								18:15
18:30								18:30
18:45								18:45
19:00	Muay Thai 18:30	BJJ (Blue) 18:15	BJJ (Blue) 18:30	BJJ (Blue) 18:15	Muay Thai 18:30	BJJ (Blue) 18:15	BJJ (Blue) 18:15	19:00
19:15								19:15
19:30								19:30
19:45								19:45
20:00	Muay Thai 19:30	Muay Thai 19:15	BJJ (Purple) 19:30	Muay Thai 19:15	Muay Thai 19:30	BJJ Randori 19:15	Muay Thai 19:00	20:00
20:15								20:15
20:30								20:30
20:45								20:45
21:00	Muay Thai Sparring 20:30	BJJ (Purple) 20:15	WarriorFit 20:30	BJJ (Purple) 20:15	WarriorFit 20:30	WarriorFit 20:15	Open Gym	21:00
21:15								21:15
21:30								21:30
21:45								21:45
22:00	Muay Thai 21:30	WarriorFit 21:15	Boxing (I) 21:30	BJJ (Blue) 21:30	WarriorFit 21:15	Boxing (I) 21:15	BJJ (No-Gi) 21:15	22:00
22:15								22:15
22:30								22:30
22:45	Open Gym	Open Gym	Muay Thai 22:15	Open Gym	Open Gym	Open Gym	Open Gym	22:45
23:00								23:00

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