



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 April 1st, 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			6:45
7:00	Muay Thai 06:30							7:00
7:15		BJJ (Blue) 06:45	Boxing (I) 06:30	BJJ (Blue) 06:45	Boxing (I) 06:30			7:15
7:30			BJJ (Purple) 06:45		BJJ (Purple) 06:45			7:30
7:45								7:45
8:00	Muay Thai 07:30	WarriorFit 07:45	Boxing (I) 07:30	WarriorFit 07:45	Muay Thai 07:30	Open Gym	Open Gym	8:00
8:15			BJJ (Blue) 07:45		BJJ (Blue) 07:45	Muay Thai Clenching 08:00	BJJ (Women) 07:45	8:15
8:30							MT (Women) 08:00	8:30
8:45			MT Sparring 08:30		MT Sparring 08:30			8:45
9:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		BJJ (Blue) 08:15	9:00
9:15								9:15
9:30							BJJ (Blue) 08:45	9:30
9:45							Muay Thai Sparring 09:00	9:45
10:00								10:00
10:15							BJJ (Purple) 09:15	10:15
10:30		Yoga 10:00		Yoga 10:00			Muay Thai 10:00	10:30
10:45	Muay Thai 10:15	Muay Thai Sparring 10:30		Muay Thai 10:15	Muay Thai 10:30		Muay Thai 10:00	10:45
11:00								11:00
11:15							BJJ (Blue) 10:45	11:15
11:30	Muay Thai 11:00	BJJ (Purple) 11:00	Muay Thai 11:15	BJJ (Blue) 11:15	Muay Thai 11:00	BJJ (No-Gi) 11:00	Muay Thai 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		WarriorFit 11:45	12:15
12:30		BJJ (Blue) 12:00	Muay Thai 12:00	WarriorFit 12:15	BJJ (Blue) 12:00	Boxing (I) 12:00	Boxing (I) 12:00	12:30
12:45								12:45
13:00	Muay Thai 12:30	WarriorFit 13:00	Boxing (I) 12:45	BJJ (Purple) 13:00	Muay Thai 12:30	WarriorFit 13:00	BJJ- Kids 12:45	13:00
13:15								13:15
13:30	Muay Thai 13:15		Muay Thai 13:30	Muay Thai 13:15	Muay Thai 13:15		Muay Thai 13:00	13:30
13:45							BJJ- Preteen 13:30	13:45
14:00								14:00
14:15	Boxing (I) 14:00	Open Gym	Boxing (I) 14:00	Open Gym	Boxing (II) 14:00	Open Gym	Muay Thai Kids 14:00	14:15
14:30							Randori - 14:15	14:30
14:45								14:45
15:00	Open Gym						Little Samurai 14:30	15:00
15:15							MT- Preteen 14:45	15:15
15:30		BJJ (Blue) 15:00	Muay Thai 15:15	Boxing (I) 15:15	Muay Thai 15:00	Muay Thai 15:15	BJJ- Kids 15:15	15:30
15:45							Little Warrior 15:30	15:45
16:00	Muay Thai 15:30	Little Samurai 16:00	Muay Thai Sparring 15:30	Little Samurai 16:00	Muay Thai 15:30	Little Samurai 16:00	Muay Thai Kids 16:15	16:00
16:15								16:15
16:30							BJJ- Preteen 16:00	16:30
16:45	Boxing (I) 16:30	BJJ- Kids 16:45	Boxing (I) 16:15	BJJ (Blue) 16:30	Boxing (I) 16:30	BJJ- Kids 16:45	MT- Preteen 16:45	16:45
17:00								17:00
17:15								17:15
17:30								17:30
17:45								17:45
18:00	Muay Thai 17:30	BJJ- Preteen 17:30	Muay Thai 17:15	BJJ (Purple) 17:30	Muay Thai 17:30	BJJ- Preteen 17:30	BJJ KIDS Competitors Program 17:30	18:00
18:15								18:15
18:30								18:30
18:45								18:45
19:00	Muay Thai 18:30	BJJ (Blue) 18:15	Muay Thai 18:15	BJJ (Blue) 18:30	Muay Thai 18:15	BJJ (Blue) 18:30	Muay Thai 18:00	19:00
19:15								19:15
19:30								19:30
19:45								19:45
20:00	Muay Thai 19:30	BJJ (Purple) 19:30	Muay Thai 19:15	BJJ (Purple) 19:30	Muay Thai 19:30	BJJ (Purple) 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	Muay Thai 20:15	WarriorFit 20:30	Muay Thai Sparring 20:30	Wrestling 20:15	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) 21:15	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		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