



- 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 ONE KM

CLASS SCHEDULE
Effective 01 April 2019

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