



Little Samurai 4 - 6 years old
 BJJ Kids 7 - 9 years old
 BJJ Preteen 10 - 13 years old

Little Warrior 4 - 6 years old
 MT Kids 7 - 9 years old
 MT Preteen 10 - 13 years old

BJJ Blue (Beginner)
 BJJ (Purple), BJJ (No-Gi)
 only 3 stripes White Belt and higher are permitted

EVOLVE ORCHARD CENTRAL

CLASS SCHEDULE

Effective April 8th, 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								7:45
8:00	Muay Thai 07:30	Muay Thai 07:30	Boxing (I) 07:30	Muay Thai 07:30	Muay Thai 07:30	Open Gym	Open Gym	8:00
8:15								8:15
8:30	WarriorFit 07:45	BJJ (Blue) 07:45	WarriorFit 07:45	BJJ (Blue) 07:45	BJJ (Purple) 07:45	Muay Thai Clinching 08:00	MT (Women) 08:00	8:30
8:45		MT Sparring 08:30			MT Sparring 08:30			8:45
9:00								9:00
9:15								9:15
9:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Muay Thai 09:00	Muay Thai Sparring 09:00	9:30
9:45								9:45
10:00								10:00
10:15								10:15
10:30	Yoga 10:00			Yoga 10:00	Yoga 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 10:15	Muay Thai 10:00	Muay Thai 10:00	10:45
11:00								11:00
11:15	Muay Thai 11:00	BJJ (Purple) 11:00	Muay Thai 11:00	BJJ Randori 11:00	Muay Thai 11:00	BJJ (Blue) 10:45	Muay Thai 11:00	11:15
11:30								11:30
11:45	BJJ (Purple) 11:00	Muay Thai 11:15	BJJ (Blue) 11:15	BJJ (Blue) 11:15	BJJ (No-Gi) 11:00			11:45
12:00	Boxing (I) 11:45		Boxing (I) 11:45	Boxing (I) 11:45	Boxing (I) 11:45	WarriorFit 11:45	Boxing (I) 12:00	12:00
12:15	BJJ (Blue) 12:00	Muay Thai 12:00	BJJ (Blue) 12:00	Muay Thai 12:00	BJJ (Blue) 12:00			12:15
12:30	Muay Thai 12:30	WarriorFit 12:15	Muay Thai 12:30	WarriorFit 12:15	Muay Thai 12:30	Boxing (I) 12:00	Boxing (I) 12:00	12:30
13:00								13:00
13:15	WarriorFit 13:00	Boxing (I) 12:45	WarriorFit 13:00	Boxing (I) 12:45	WarriorFit 13:00	BJJ- Kids 12:45	BJJ- Kids 12:45	13:15
13:30	Muay Thai 13:15	Muay Thai 13:00	Muay Thai 13:15	Muay Thai Sparring 13:30	Muay Thai 13:15	Muay Thai 13:00	Muay Thai 13:00	13:30
13:45								13:45
14:00	Boxing (I) 14:00	Open Gym	Boxing (I) 14:00	Open Gym	Boxing (II) 14:00	Muay Thai Kids 14:00	Muay Thai Kids 14:00	14:00
14:15								14:15
14:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Randori - 14:15	Randori - 14:15	14:30
14:45								14:45
15:00	Open Gym		Open Gym	Open Gym	Open Gym	Little Samurai 14:30	Little Samurai 14:30	15:00
15:15	BJJ (Blue) 15:00	Muay Thai 15:15	Boxing (I) 15:15	Muay Thai 15:00	BJJ (Blue) 15:00	MT- Preteen 14:45	MT- Preteen 14:45	15:15
15:30	Muay Thai Sparring 15:30	Muay Thai Sparring 15:30	Boxing (I) 15:15	Muay Thai 15:15	Muay Thai 15:30	BJJ- Kids 15:15	BJJ- Kids 15:15	15:30
16:00						Little Warrior 15:30	Little Warrior 15:30	16:00
16:15	Little Samurai 16:00	Boxing (I) 16:15	MT- Preteen 16:15	Little Samurai 16:00	Boxing (I) 16:15	BJJ- Preteen 16:00	BJJ- Preteen 16:00	16:15
16:30	Boxing (I) 16:30	BJJ- Kids 16:45	BJJ (Blue) 16:30	BJJ- Kids 16:45	Boxing (I) 16:30	Muay Thai Kids 16:15	Muay Thai Kids 16:15	16:30
16:45								16:45
17:00								17:00
17:15								17:15
17:30	BJJ- Preteen 17:30	Muay Thai 17:15	BJJ (Blue) 17:30	BJJ- Preteen 17:30	Boxing (I) 16:45	MT- Preteen 16:45	MT- Preteen 16:45	17:30
17:45								17:45
18:00	Muay Thai 17:30	BJJ (Purple) 17:30	Muay Thai Kids 17:45	BJJ- Preteen 17:30	Muay Thai 17:30	BJJ KIDS Competitors Program 17:30	BJJ KIDS Competitors Program 17:30	18:00
18:15								18:15
18:30	BJJ (Blue) 18:15	Muay Thai 18:15	BJJ (Blue) 18:30	BJJ (Blue) 18:15	BJJ (Purple) 17:30	Muay Thai 17:00	Muay Thai 17:00	18:30
18:45								18:45
19:00	Muay Thai 18:30		Muay Thai 18:30	BJJ (Blue) 18:30	BJJ (Blue) 18:30	Boxing (I) 19:00	BJJ (Blue) 18:30	19:00
19:15								19:15
19:30								19:30
19:45	Muay Thai 19:15	Muay Thai 19:15	BJJ (Purple) 19:30	Muay Thai 19:15	BJJ (Purple) 19:30	Muay Thai 19:00	Muay Thai 19:00	19:45
20:00								20:00
20:15	Muay Thai 19:30		Muay Thai 19:30	BJJ (Purple) 19:30	Muay Thai 19:30	BJJ (Purple) 19:30	BJJ (Purple) 19:30	20:15
20:30								20:30
20:45	BJJ (Purple) 20:15	Muay Thai 20:15	WarriorFit 20:30	BJJ (Purple) 20:15	WarriorFit 20:30	Boxing Sparring (II) 20:00	Muay Thai 20:00	20:45
21:00	Muay Thai Sparring 20:30		Muay Thai 20:30	WarriorFit 20:30	Muay Thai Sparring 20:30			21:00
21:15								21:15
21:30	WarriorFit 21:15	Boxing (I) 21:15	WarriorFit 21:15	Boxing (I) 21:15	WarriorFit 20:30	Wrestling 20:30	MMA 20:30	21:30
21:45								21:45
22:00	Muay Thai 21:30	BJJ (Blue) 21:30	Boxing (I) 21:30	WarriorFit 21:15	Boxing (I) 21:15			22:00
22:15								22:15
22:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym			22:30
22:45								22:45
23:00								23:00

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