



- 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 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 (Purple) 08:00	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	Open Gym	Muay Thai 08:30	Open Gym	Muay Thai 08:30	Little Samurai 09:00	Little Samurai 09:00	8:45	
9:00	Yoga 08:45	Open Gym	Yoga 08:45	Open Gym	Yoga 08:45	MT- Preteen 09:15	MT- Preteen 09:15	9:00	
9:15								9:15	
9:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Little Warrior 09:45	Little Warrior 09:45	9:30	
9:45								9:45	
10:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	BJJ- Kids 09:45	BJJ- Kids 09:45	10:00	
10:15								10:15	
10:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Little Warrior 10:00	Little Warrior 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	BJJ- Preteen 10:30	BJJ- Preteen 10:30	10:45	
11:00						Muay Thai Kids 10:45	Muay Thai Kids 10:45	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- Preteen Randori 11:15	BJJ- Preteen Randori 11:15	11:15	
11:30	BJJ (Blue) 11:15	BJJ (Blue) 11:15	BJJ (Blue) 11:15	BJJ (Blue) 11:15	BJJ (Blue) 11:15			11:30	
11:45						Muay Thai 11:30	Muay Thai 11:30	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) 11:45	BJJ (Blue) 11:45	12:00	
12:15	BJJ (Blue) 12:00	WarriorFit 12:15	BJJ (Blue) 12:00	WarriorFit 12:15	BJJ (Blue) 12:00			12:15	
12:30	Muay Thai 12:30	Boxing (I) 12:45	Muay Thai 12:30	Boxing (I) 12:45	Muay Thai 12:30	Muay Thai 12:30	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	BJJ (Blue) 12:45	BJJ (Purple) 12:45	13:00	
13:15								13:15	
13:30	Muay Thai Sparring 13:15	BJJ (Blue) 13:00	Muay Thai 13:15	BJJ (Blue) 13:00	Muay Thai Sparring 13:15	WarriorFit 13:45	BJJ (Purple) 13:45	13:30	
13:45								13:45	
14:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Boxing (I) 13:30	Boxing (I) 13:30	14:00	
14:15								14:15	
14:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	WarriorFit 13:45	WarriorFit 14:15	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								15:15	
15:30	BJJ (Blue) 15:00	Open Gym	BJJ (Blue) 15:00	Open Gym	BJJ (Blue) 15:00	BJJ (Purple) 14:45	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	BJJ- Kids 16:00	16:15
16:30						MT- Preteen 16:15	Little Warrior 16:15	16:30	
16:45	Muay Thai 16:45	BJJ- Kids 16:45	Muay Thai 16:45	BJJ- Kids 16:45	Muay Thai 16:45	Little Warrior 17:00	Boxing (I) 16:30	16:45	
17:00							MMA 16:45	17:00	
17:15								17:15	
17:30	Muay Thai 17:30	BJJ- Preteen 17:30	Muay Thai 17:30	BJJ- Preteen 17:30	Muay Thai 17:30	BJJ (Blue) 17:30	Muay Thai Kids 17:00	17:30	
17:45								17:45	
18:00								18:00	
18:15	Muay Thai 17:45	BJJ (Blue) 18:15	Muay Thai 17:45	BJJ (Blue) 18:15	Muay Thai 17:45	Muay Thai Kids 17:45	Wrestling 17:45	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	Muay Thai 17:45	18:45	
19:00								19:00	
19:15	Muay Thai 18:45	BJJ (Blue) 18:30	Muay Thai 18:45	BJJ (Blue) 18:30	Muay Thai 18:30	BJJ (Blue) 18:30	Muay Thai 18:30	19:15	
19:30								19:30	
19:45	BJJ (Blue) 19:15	Muay Thai 19:15	BJJ (Purple) 19:30	Muay Thai 19:15	BJJ (Purple) 19:30	BJJ (Blue) 19:15	BJJ (Blue) 18:30	19:45	
20:00								20:00	
20:15	Muay Thai 19:45	BJJ (Purple) 19:30	Muay Thai 19:45	BJJ (Purple) 19:30	Muay Thai 19:30	Open Gym	Open Gym	20:15	
20:30								20:30	
20:45	BJJ (Purple) 20:15	Boxing (I) 20:15	BJJ (Randori) 20:30	Muay Thai 20:15	Boxing (I) 20:15	BJJ (Randori) 20:30	BJJ (Purple) 20:15	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	BJJ (Purple) 20:15	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 (Blue) 21:15	BJJ (Randori) 21:15	BJJ (Blue) 18:30	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	Open Gym	22:15	
22:30								22:30	
22:45	Open Gym	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