



Little Samurai 4 - 6 years old
Little Warrior 4 - 6 years old
BJJ Blue (Beginner)
EVOLVE CLARKE QUAY
CLASS SCHEDULE
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

6:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	6:30
6:45		Open Gym		Open Gym				6:45
7:00	Muay Thai 06:30	BJJ (Blue) 06:45	Boxing (I) 06:30	BJJ (Purple) 06:45	Muay Thai 06:30	BJJ (Blue) 06:45		7:00
7:15								7:15
7:30								7:30
7:45								7:45
8:00	Muay Thai 07:30	BJJ (Blue) 07:45	Muay Thai 07:30	BJJ (Blue) 07:45	Muay Thai 07:30	BJJ (Blue) 07:45	Open Gym	8:00
8:15								8:15
8:30								8:30
8:45								8:45
9:00		WarriorFit 08:45	Muay Thai 08:30	Yoga 08:45	Muay Thai 08:30	Yoga 08:45	WarriorFit 08:45	9:00
9:15								9:15
9:30	Open Gym							9:30
9:45								9:45
10:00								10:00
10:15								10:15
10:30								10:30
10:45								10:45
11:00								11:00
11:15								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 (Purple) 11:00	Open Gym	11:30
11:45								11:45
12:00	Boxing (I) 11:45	BJJ (Blue) 12:00	Muay Thai 12:00	WarriorFit 12:15	Muay Thai 12:00	WarriorFit 12:15	Open Gym	12:00
12:15								12:15
12:30								12:30
12:45	Muay Thai 12:30	WarriorFit 13:00	Boxing (I) 12:45	BJJ (Blue) 13:00	Muay Thai 12:30	WarriorFit 13:00	Open Gym	12:45
13:00								13:00
13:15								13:15
13:30	Muay Thai Sparring 13:15							13:30
13:45								13:45
14:00								14:00
14:15								14:15
14:30								14:30
14:45								14:45
15:00	Open Gym							15:00
15:15								15:15
15:30								15:30
15:45								15:45
16:00								16:00
16:15								16:15
16:30								16:30
16:45	Muay Thai 16:15	WarriorFit 16:30	Muay Thai 16:00	Little Samurai 16:00	Muay Thai 16:15	WarriorFit 16:30	Little Samurai 16:00	16:45
17:00								17:00
17:15								17:15
17:30								17:30
17:45	Boxing (I) 17:15	BJJ (Blue) 17:30	Muay Thai 17:00	BJJ- Kids 16:45	Muay Thai 17:00	BJJ- Kids 16:45	Boxing (I) 16:30	17:45
18:00								18:00
18:15								18:15
18:30								18:30
18:45	Muay Thai 18:15	BJJ (Blue) 18:30	Muay Thai 18:00	BJJ (Blue) 18:15	Muay Thai 18:00	BJJ (Blue) 18:15	BJJ- Preteen 17:30	18:45
19:00								19:00
19:15								19:15
19:30	Muay Thai 19:15	BJJ (Purple) 19:30	Muay Thai 19:00	BJJ (Blue) 19:15	Muay Thai 19:00	BJJ (Blue) 19:15	Muay Thai 17:30	19:30
19:45								19:45
20:00								20:00
20:15								20:15
20:30								20:30
20:45	Boxing (I) 20:15	BJJ (Randori) 20:30	Boxing (I) 20:00	BJJ (Purple) 20:15	Boxing (I) 20:00	BJJ (Purple) 20:15	Open Gym	20:45
21:00								21:00
21:15								21:15
21:30								21:30
21:45	Muay Thai 21:15	WarriorFit 21:00	Muay Thai 21:15	WarriorFit 21:15	Muay Thai 21:15	WarriorFit 21:15	Open Gym	21:45
22:00								22:00
22:15								22:15
22:30	Open Gym							22:30

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