



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 CLARKE QUAY

**CLASS SCHEDULE**  
Effective 23 September 2019

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	Muay Thai Sparring 07:30	BJJ (Purple) 07:45	8:00
8:15						Open Gym	BJJ (Blue) 08:00	8:15
8:30						Muay Thai 08:15	Muay Thai 08:15	8:30
8:45							BJJ (Blue) 08:00	8:45
9:00		WarriorFit 08:45	Muay Thai 08:30	Yoga 08:45	WarriorFit 08:45	Little Samurai 09:00	Little Samurai 09:00	9:00
9:15						MT- Preteen 09:15	MT- Preteen 09:15	9:15
9:30	Open Gym					Little Warrior 10:00	BJJ- Kids 09:45	9:30
9:45							BJJ- Kids 09:45	9:45
10:00							Little Warrior 10:00	10:00
10:15							BJJ- Preteen 10:30	10:15
10:30							BJJ- Preteen 10:30	10:30
10:45							BJJ- Preteen 10:30	10:45
11:00							BJJ- Preteen 10:30	11:00
11:15							BJJ- Preteen 10:30	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	BJJ- Preteen Randori 11:15	11:30
11:45							BJJ- Preteen Randori 11:15	11:45
12:00								12:00
12:15	Boxing (I) 11:45	BJJ (Blue) 12:00	Muay Thai 12:00	WarriorFit 12:15	Muay Thai 12:00	WarriorFit 12:15	Muay Thai 11:30	12:15
12:30							BJJ (Blue) 11:45	12:30
12:45								12:45
13:00	Muay Thai 12:30	WarriorFit 13:00	Boxing (I) 12:45	BJJ (Blue) 13:00	Muay Thai 12:30	WarriorFit 13:00	Muay Thai 12:30	13:00
13:15							WarriorFit 12:45	13:15
13:30	Muay Thai Sparring 13:15							13:30
13:45								13:45
14:00								14:00
14:15							Boxing (I) 13:30	14:15
14:30							BJJ (Blue) 13:45	14:30
14:45								14:45
15:00	Open Gym							15:00
15:15							Muay Thai 14:30	15:15
15:30							BJJ (Purple) 14:45	15:30
15:45								15:45
16:00								16:00
16:15							Muay Thai 15:30	16:15
16:30							BJJ (Blue) 15:45	16:30
16:45	Muay Thai 16:15	MT- Preteen 16:15	Little Samurai 16:00	BJJ (Blue) 16:00	MT- Preteen 16:15	Little Samurai 16:00	BJJ (Blue) 16:00	16:45
17:00								17:00
17:15							Boxing (I) 16:30	17:15
17:30							MMA 16:45	17:30
17:45	Boxing (I) 17:15	WarriorFit 17:00	Little Warrior 17:00	WarriorFit 17:00	Little Warrior 17:00	WarriorFit 17:00	Boxing (I) 16:30	17:45
18:00								18:00
18:15								18:15
18:30								18:30
18:45	Muay Thai 18:15							18:45
19:00								19:00
19:15								19:15
19:30								19:30
19:45	Muay Thai 19:15							19:45
20:00								20:00
20:15								20:15
20:30								20:30
20:45								20:45
21:00	Boxing (I) 20:15	BJJ (Purple) 20:00	Boxing (I) 20:15	BJJ (Purple) 20:00	Boxing (I) 20:15	BJJ (Purple) 20:00		21:00
21:15								21:15
21:30								21:30
21:45	Muay Thai 21:15	WarriorFit 21:00	BJJ (Randori) 20:45	BJJ (Randori) 20:45	Muay Thai 20:30	BJJ (Randori) 20:45	Muay Thai Sparring 18:30	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