



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