



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 ORCHARD CENTRAL CLASS SCHEDULE
 Effective January 1st, 2020
 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				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	WarriorFit 07:45	Muay Thai 07:30	BJJ (Blue) 07:45	Muay Thai 07:30	BJJ (Purple) 07:45	Open Gym	8:00
8:15							Open Gym	8:15
8:30							Open Gym	8:30
8:45			MT Sparring 08:30		MT Sparring 08:30		Open Gym	8:45
9:00							Open Gym	9:00
9:15							Open Gym	9:15
9:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Muay Thai 09:00	BJJ (Blue) 08:15	9:30
9:45							BJJ (Purple) 09:15	9:45
10:00							BJJ (Blue) 08:45	10:00
10:15							Muay Thai Sparring 09:00	10:15
10:30	Muay Thai 10:15	Yoga 10:00	Muay Thai Sparring 10:30	Muay Thai 10:15	Yoga 10:00	Muay Thai 10:00	BJJ (Purple) 09:45	10:30
10:45							Muay Thai 10:00	10:45
11:00							BJJ (Blue) 10:45	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 (No-Gi) 11:00	Muay Thai 11:00	11:15
11:30							BJJ (Blue) 10:45	11:30
11:45							Muay Thai 11:00	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	WarriorFit 11:45	12:00
12:15							Boxing (I) 12:00	12:15
12:30	Muay Thai 12:30	WarriorFit 13:00	Boxing (I) 12:45	BJJ (Purple) 13:00	Muay Thai 12:30	WarriorFit 13:00	Boxing (I) 12:00	12:30
12:45							BJJ- Kids 12:45	12:45
13:00							Muay Thai 13:00	13:00
13:15							BJJ- Preteen 13:30	13:15
13:30	Muay Thai 13:15	Open Gym	Muay Thai 13:30	Open Gym	Muay Thai 13:15	Open Gym	Muay Thai 13:00	13:30
13:45							BJJ- Preteen 13:30	13:45
14:00							Muay Thai Kids 14:00	14:00
14:15	Boxing (I) 14:00	Open Gym	Boxing (I) 14:00	Open Gym	Boxing (II) 14:00	Open Gym	Randori 14:15	14:15
14:30							Muay Thai Kids 14:00	14:30
14:45							Randori 14:15	14:45
15:00	Open Gym	BJJ (Blue) 15:00	Muay Thai 15:15	Boxing (I) 15:15	Muay Thai 15:00	BJJ (Blue) 15:00	Little Samurai 14:30	15:00
15:15							MT- Preteen 14:45	15:15
15:30							BJJ- Kids 15:15	15:30
15:45	Muay Thai 15:30	Little Samurai 16:00	Muay Thai Sparring 15:30	Little Samurai 16:00	Muay Thai 15:30	Little Samurai 16:00	BJJ- Kids 15:15	15:45
16:00							Little Warrior 15:30	16:00
16:15							BJJ- Preteen 16:00	16:15
16:30	Boxing (I) 16:30	BJJ- Kids 16:45	Boxing (I) 16:15	BJJ (Blue) 16:30	Boxing (I) 16:30	BJJ- Kids 16:45	BJJ- Preteen 16:00	16:30
16:45							Muay Thai Kids 16:15	16:45
17:00							MT- Preteen 16:45	17:00
17:15							BJJ- Kids 16:45	17:15
17:30							Muay Thai 17:00	17:30
17:45							BJJ Kids Competitors Program 17:30	17:45
18:00	Muay Thai 17:30	BJJ- Preteen 17:30	Muay Thai 17:15	BJJ (Purple) 17:30	Muay Thai 17:15	BJJ (Purple) 17:30	Muay Thai 17:00	18:00
18:15							BJJ Kids Competitors Program 17:30	18:15
18:30							Muay Thai 17:30	18:30
18:45							Muay Thai 18:00	18:45
19:00	Muay Thai 18:30	BJJ (Blue) 18:15	Muay Thai 18:15	BJJ (Blue) 18:30	Muay Thai 18:15	BJJ (Blue) 18:30	Muay Thai 18:00	19:00
19:15							BJJ (Blue) 18:30	19:15
19:30							BJJ (Blue) 18:30	19:30
19:45							Boxing (I) 19:00	19:45
20:00	Muay Thai 19:30	BJJ (Purple) 19:30	Muay Thai 19:15	BJJ (Purple) 19:30	Muay Thai 19:15	BJJ (Purple) 19:30	Muay Thai 19:00	20:00
20:15							BJJ (Purple) 19:30	20:15
20:30							Boxing Sparring (II) 20:00	20:30
20:45	Muay Thai Sparring 20:30	BJJ (Purple) 20:15	Muay Thai 20:15	BJJ (Randori) 20:30	Muay Thai 20:15	BJJ (Randori) 20:30	Wrestling 20:30	20:45
21:00							Muay Thai III 20:00	21:00
21:15							Open Gym	21:15
21:30							Open Gym	21:30
21:45							Open Gym	21:45
22:00	Muay Thai 21:30	WarriorFit 21:15	Boxing (I) 21:15	WarriorFit 21:00	Boxing (I) 21:15	WarriorFit 21:00		22:00
22:15								22:15
22:30								22:30
22:45	Open Gym	Open Gym	Muay Thai 22:15	Open Gym	Muay Thai 22:15	Open Gym		22:45
23:00								23:00

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