



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 21 Mar 2020

06:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	06:30
06:45		Open Gym		Open Gym				06:45
07:00	Muay Thai 06:30	BJJ (Blue) 06:45	Boxing (I) 06:30	BJJ (Purple) 06:45	Muay Thai 06:30	BJJ (Blue) 06:45		07:00
07:15								07:15
07:30								07:30
07:45								07:45
08:00	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	08:00
08:15								08:15
08:30								08:30
08:45								08:45
09:00	Open Gym	Open Gym	Muay Thai 08:30	Yoga 08:45	Muay Thai 08:30	Yoga 08:45	BJJ (Purple) 08:00	09:00
09:15								09:15
09:30								09:30
09:45								09:45
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	BJJ (Purple) 11:15	11:30
11:45								11:45
12:00								12:00
12:15	Boxing (I) 11:45	BJJ (Blue) 12:00	Muay Thai 12:00	WarriorFit 12:15	Boxing (I) 11:45	BJJ (Blue) 12:00	Muay Thai 11:30	12:15
12:30								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								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	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Muay Thai 14:30	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	BJJ (Blue) 16:00	MT- Preteen 16:15	Little Samurai 16:00	Muay Thai 16:15	BJJ (Blue) 16:00	MT- Preteen 16:15	16:45
17:00								17:00
17:15								17:15
17:30								17:30
17:45	Boxing (I) 17:15	WarriorFit 17:00	Little Warrior 17:00	BJJ- Kids 16:45	Boxing (I) 16:30	BJJ (No-Gi) 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) 18:00	BJJ- Preteen Randori 18:15	BJJ- Preteen Randori 18:15	Muay Thai 18:15	BJJ (Blue) 18:00	Muay Thai 17:30	18:45
19:00								19:00
19:15								19:15
19:30								19:30
19:45	Muay Thai 19:15	BJJ (Blue) 19:00	Muay Thai 19:15	BJJ (Blue) 19:00	Muay Thai 19:15	BJJ (Blue) 19:00	Muay Thai 18:30	19:45
20:00								20:00
20:15								20:15
20:30								20:30
20:45	Boxing (I) 20:15	BJJ (Purple) 20:00	Muay Thai Sparring 20:30	Boxing (I) 20:15	Muay Thai 20:30	Boxing (I) 20:15	BJJ (Purple) 20:00	20:45
21:00								21:00
21:15								21:15
21:30								21:30
21:45	Muay Thai 21:15	WarriorFit 21:00	Boxing (I) 21:30	BJJ (Blue) 21:15	Muay Thai 21:15	WarriorFit 21:00	BJJ (Blue) 21:15	21:45
22:00								22:00
22:15								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