



Little Samurai 4 - 6 years old

Little Warrior 4 - 6 years old

BJJ Kids 7 - 9 years old

MT Kids 7 - 9 years old

BJJ Preteen 10 - 13 years old

MT Preteen 10 - 13 years old

BJJ Blue Mobility (Beginner) - Solo Drills

EVOLVE KINEX

BJJ Blue Techniques (Beginner) - Grappling Dummy

BJJ Purple/No-Gi Mobility - Solo Drills

BJJ Purple/No-Gi Techniques - Grappling Dummy
only 3 stripes White Belt and higher are permitted

CLASS SCHEDULE

Effective 29 June 2020

6:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	6:30
6:45								6:45
7:00	Muay Thai 06:30	BJJ (Blue) Mobility 06:30						7:00
7:15			Muay Thai 06:45	BJJ (Purple) Techniques 06:45	Muay Thai 06:45	BJJ (Purple) Mobility 06:45		7:15
7:30								7:30
7:45								7:45
8:00	Muay Thai 07:30	BJJ (Blue) Mobility 07:30						8:00
8:15			Boxing (I) 07:45	BJJ (Blue) Mobility 07:45				8:15
8:30								8:30
8:45								8:45
9:00	Muay Thai 08:30	BJJ (Purple) Techniques 08:30						9:00
9:15			Muay Thai 08:45	BJJ (Blue) Techniques 08:45	Muay Thai 08:45	BJJ (Blue) Mobility 08:45		9:15
9:30								9:30
9:45								9:45
10:00	Boxing (I) 09:30	WarriorFit 09:30						10:00
10:15			Muay Thai 09:45	WarriorFit 09:45	Muay Thai 09:45	WarriorFit 09:45		10:15
10:30								10:30
10:45								10:45
11:00	Muay Thai 10:30	BJJ (Blue) Mobility 10:30						11:00
11:15			Muay Thai 10:45	BJJ (Blue) Techniques 10:45	Muay Thai 10:45	BJJ (Blue) Techniques 10:45		11:15
11:30								11:30
11:45								11:45
12:00	Muay Thai 11:30	BJJ (Purple) Techniques 11:30						12:00
12:15			Muay Thai 11:45	BJJ (Blue) Mobility 11:45	Muay Thai 11:45	BJJ (Blue) Mobility 11:45		12:15
12:30								12:30
12:45								12:45
13:00	Boxing (I) 12:30	BJJ (Blue) Mobility 12:30						13:00
13:15			Boxing (I) 12:45	WarriorFit 12:45				13:15
13:30								13:30
13:45								13:45
14:00	Muay Thai 13:30	WarriorFit 13:30						14:00
14:15			Muay Thai 13:45	BJJ (Blue) Techniques 13:45	Muay Thai 13:45	BJJ (Blue) Mobility 13:45		14:15
14:30								14:30
14:45								14:45
15:00	Muay Thai 14:30	BJJ (Blue) Mobility 14:30						15:00
15:15			Muay Thai 14:45	BJJ (Purple) Techniques 14:45	Muay Thai 14:45	BJJ (Purple) Techniques 14:45		15:15
15:30								15:30
15:45								15:45
16:00			Muay Thai 15:45	BJJ (Blue) Techniques 15:45	Muay Thai 15:45	BJJ (Blue) Mobility 15:45		16:00
16:15	Boxing (I) 16:00	Little Samurai 16:00						16:15
16:30			Muay Thai 16:00	Little Samurai 16:00	Muay Thai 16:00	Little Samurai 16:00		16:30
16:45								16:45
17:00								17:00
17:15			Muay Thai 16:45	WarriorFit 16:45	Muay Thai 16:45	WarriorFit 16:45		17:15
17:30	Muay Thai 17:00	BJJ- Kids 17:00						17:30
17:45			MT- Preteen 17:00	BJJ- Kids 17:00				17:45
18:00								18:00
18:15			Muay Thai 17:45	BJJ (Blue) Mobility 17:45	Muay Thai 17:45	BJJ (Blue) Mobility 17:45		18:15
18:30	Muay Thai 18:00	BJJ- Preteen 18:00						18:30
18:45			Muay Thai 18:00	BJJ- Preteen 18:00	Muay Thai 18:00	BJJ- Preteen 18:00		18:45
19:00								19:00
19:15			Muay Thai 18:45	BJJ (Blue) Mobility 18:45	Muay Thai 18:45	BJJ (Blue) Mobility 18:45		19:15
19:30	Muay Thai 19:00	BJJ (Blue) Mobility 19:00						19:30
19:45			Muay Thai 19:00	BJJ (Blue) Mobility 19:00	Muay Thai 19:00	BJJ (Blue) Mobility 19:00		19:45
20:00								20:00
20:15			Boxing (I) 19:45	BJJ (Purple) Mobility 19:45				20:15
20:30	Muay Thai 20:00	BJJ (Blue) Mobility 20:00						20:30
20:45			Muay Thai 20:00	BJJ (Blue) Mobility 20:00	Muay Thai 20:00	BJJ (Blue) Mobility 20:00		20:45
21:00								21:00
21:15			Muay Thai 20:45	WarriorFit 20:45	Muay Thai 20:45	WarriorFit 20:45		21:15
21:30	Muay Thai 21:00	BJJ (Purple) Techniques 21:00						21:30
21:45			Muay Thai 21:00	BJJ (Purple) Techniques 21:00	Muay Thai 21:00	BJJ (Purple) Techniques 21:00		21:45
22:00								22:00
22:15			Muay Thai 21:45	BJJ (Blue) Mobility 21:45	Muay Thai 21:45	BJJ (Blue) Techniques 21:45		22:15
22:30								22:30

Legend:

Muay Thai (Beginner)
Muay Thai Level I

Muay Thai (Intermediate)
Muay Thai Level II - V

Muay Thai (Advanced)
Muay Thai Level III - V

Boxing (Beginner)
Boxing Level I

Boxing (Intermediate)
Boxing Level II