



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

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

EVOLVE CLARKE QUAY

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			Muay Thai 06:30	BJJ (Blue) Techniques 06:30					Muay Thai 06:30	BJJ (Blue) Mobility 06:30					7:00
7:15			Boxing (I) 06:45	BJJ (Purple) Techniques 06:45			Boxing (I) 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) Techniques 07:30			Muay Thai 07:30	BJJ (Blue) Mobility 07:30					Muay Thai 07:30	BJJ (Purple) Techniques 07:30					8:00
8:15			Muay Thai 07:45	BJJ (Blue) Techniques 07:45			Muay Thai 07:45	BJJ (Blue) Techniques 07:45									8:15
8:30													Muay Thai 08:00	BJJ (Blue) Techniques 08:00	Muay Thai 08:00	BJJ (Purple) Techniques 08:00	8:30
8:45																	8:45
9:00																	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													Muay Thai 09:00	Little Samurai 09:00	Muay Thai 09:00	Little Samurai 09:00	9:30
9:45																	9:45
10:00																	10:00
10:15																	10:15
10:30													Little Warrior 10:00	BJJ- Kids 10:00	Little Warrior 10:00	BJJ- Kids 10:00	10:30
10:45																	10:45
11:00																	11:00
11:15																	11:15
11:30	Muay Thai 11:00	BJJ (Purple) Techniques 11:00			Muay Thai 11:00	BJJ (Purple) Mobility 11:00			Muay Thai 11:00	BJJ (Purple) Techniques 11:00			Muay Thai Kids 11:00	BJJ- Preteen 11:00	Muay Thai Kids 11:00	BJJ- Preteen 11:00	11:30
11:45			Muay Thai 11:15	BJJ (Blue) Mobility 11:15			Muay Thai 11:15	BJJ (Blue) Techniques 11:15									11:45
12:00																	12:00
12:15																	12:15
12:30	Boxing (I) 12:00	BJJ (Blue) Mobility 12:00			Boxing (I) 12:00	BJJ (Blue) Techniques 12:00			Boxing (I) 12:00	BJJ (Blue) Mobility 12:00			MT- Preteen 12:00	BJJ (Blue) Mobility 12:00	MT- Preteen 12:00	BJJ (Blue) Techniques 12:00	12:30
12:45			Muay Thai 12:15	WarriorFit 12:15			Muay Thai 12:15	WarriorFit 12:15									12:45
13:00																	13:00
13:15																	13:15
13:30	Muay Thai 13:00	WarriorFit 13:00			Muay Thai 13:00	WarriorFit 13:00			Muay Thai 13:00	WarriorFit 13:00			Muay Thai 13:00	WarriorFit 13:00	Muay Thai 13:00	WarriorFit 13:00	13:30
13:45			Boxing (I) 13:15	BJJ (Blue) Techniques 13:15			Boxing (I) 13:15	BJJ (Blue) Mobility 13:15									13:45
14:00																	14:00
14:15																	14:15
14:30	Muay Thai 14:00	BJJ (Blue) Techniques 14:00			Muay Thai 14:00	BJJ (Blue) Mobility 14:00			Muay Thai 14:00	BJJ (Blue) Techniques 14:00			Boxing (I) 14:00	BJJ (Blue) Mobility 14:00	Boxing (I) 14:00	BJJ (Blue) Mobility 14:00	14:30
14:45																	14:45
15:00																	15:00
15:15																	15:15
15:30													Muay Thai 15:00	BJJ (Purple) Techniques 15:00	Muay Thai 15:00	BJJ (Purple) Techniques 15:00	15:30
15:45																	15:45
16:00																	16:00
16:15																	16:15
16:30			Boxing (I) 16:00	Little Samurai 16:00			Boxing (I) 16:00	Little Samurai 16:00					Muay Thai 16:00	BJJ (Blue) Mobility 16:00	Muay Thai 16:00	BJJ (Blue) Mobility 16:00	16:30
16:45	Muay Thai 16:15	BJJ- Preteen 16:15			Muay Thai 16:15	BJJ- Preteen 16:00			Muay Thai 16:15	BJJ (Blue) Techniques 16:15							16:45
17:00																	17:00
17:15																	17:15
17:30			Little Warrior 17:00	BJJ- Kids 17:00			Little Warrior 17:00	BJJ- Kids 17:00					Boxing (I) 17:00	BJJ (Blue) Mobility 17:00	Boxing (I) 17:00	BJJ (Blue) Techniques 17:00	17:30
17:45	MT- Preteen 17:15	WarriorFit 17:15			MT- Preteen 17:15	WarriorFit 17:15			Boxing (I) 17:15	WarriorFit 17:15							17:45
18:00																	18:00
18:15																	18:15
18:30																	18:30
18:45	Muay Thai 18:15	BJJ (Blue) Mobility 18:15	Muay Thai Kids 18:00	BJJ- Preteen 18:00	Muay Thai 18:15	BJJ (Blue) Mobility 18:15	Muay Thai Kids 18:00	BJJ- Preteen 18:00	Muay Thai 18:15	BJJ (Blue) Mobility 18:15			Muay Thai 18:00	BJJ (No-Gi) Techniques 18:00	Muay Thai 18:00	BJJ (Purple) Mobility 18:00	18:45
19:00																	19:00
19:15																	19:15
19:30													Muay Thai 19:00	Wrestling 19:00	Muay Thai 19:00	BJJ (Blue) Mobility 19:00	19:30
19:45	Muay Thai 19:15	BJJ (Blue) Mobility 19:15			Muay Thai 19:15	BJJ (Blue) Mobility 19:15			Muay Thai 19:15	BJJ (Blue) Mobility 19:15							19:45
20:00																	20:00
20:15																	20:15
20:30													Boxing (II) 20:00	BJJ (Blue) Mobility 20:00	Muay Thai 20:00	BJJ (Blue) Mobility 20:00	20:30
20:45	Boxing (I) 20:15	BJJ (Purple) Techniques 20:15			Boxing (I) 20:15	BJJ (Purple) Mobility 20:15			Boxing (I) 20:15	BJJ (Purple) Techniques 20:15							20:45
21:00																	21:00
21:15																	21:15
21:30																	21:30
21:45	Muay Thai 21:15	WarriorFit 21:15	Muay Thai 21:00	BJJ (Purple) Techniques 21:00	Muay Thai 21:15	WarriorFit 21:15	Muay Thai 21:00	BJJ (Purple) Mobility 21:00	Muay Thai 21:15	WarriorFit 21:15							21:45
22:00																	22:00

Legend:

- Muay Thai (Beginner)
- Muay Thai (Intermediate)
- Boxing (Beginner)
- Boxing (Intermediate)
- Muay Thai (Advanced)