



Little Samurai 4 - 6 years old
Little Warrior 4 - 6 years old
BJJ Blue Mobility (Beginner) - Solo Drills
EVOLVE KINEX

BJJ Kids 7 - 9 years old
MT Kids 7 - 9 years old
BJJ Blue Techniques (Beginner) - Grappling Dummy
CLASS SCHEDULE

BJJ Preteen 10 - 13 years old
MT Preteen 10 - 13 years old
BJJ Purple/No-Gi Mobility - Solo Drills
Effective 15 August 2020

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

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

Legend: