



Little Samurai 4 - 6 years old
Little Warrior 4 - 6 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
EVOLVE ORCHARD CENTRAL CLASS SCHEDULE

BJJ Kids 7 - 9 years old
MT Kids 7 - 9 years old
BJJ Preteen 10 - 13 years old
MT Preteen 10 - 13 years old
Effective 15 August 2020
BJJ Kids Competition Program 8 - 13 years old

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

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