



Little Samurai 4 - 6 years old
 BJJ Kids 7 - 9 years old
 BJJ Preteen 10 - 13 years old

Little Warrior 4 - 6 years old
 MT Kids 7 - 9 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 01 October 2020

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