



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 KINEX

CLASS SCHEDULE
 Effective 1st 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			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) Mobility 07:30	Muay Thai 07:30	BJJ (Blue) Techniques 07:30	Muay Thai 07:30	BJJ (Blue) Mobility 07:30	Muay Thai 07:15	8:00
8:15			Boxing (I) 07:45	BJJ (Blue) Techniques 07:45	Boxing (I) 07:45	BJJ (Blue) Techniques 07:45		8:15
8:30								8:30
8:45								8:45
9:00	Muay Thai 08:30	BJJ No-Gi Techniques 08:30	Muay Thai 08:30	BJJ (Purple) Techniques 08:30	Muay Thai 08:30	BJJ (Purple) Techniques 08:30	Muay Thai 08:15	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	Muay Thai 09:45	WarriorFit 09:45	Boxing (I) 09:30	WarriorFit 09:30	Muay Thai 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 10:30	BJJ (Blue) Techniques 10:30	Muay Thai 10:30	BJJ (Blue) Mobility 10:30	Little Warrior 10:15	11:00
11:15			Muay Thai Sparring 10:45	BJJ (Blue) Techniques 10:45	Muay Thai 10:45	BJJ (Blue) Techniques 10:45	BJJ- Kids 10:15	11:15
11:30								11:30
11:45								11:45
12:00	Muay Thai 11:30	BJJ (Purple) Techniques 11:30	Muay Thai 11:30	BJJ (Purple) Techniques 11:30	Muay Thai 11:30	BJJ No-Gi Techniques 11:30	Muay Thai Kids 11:15	12:00
12:15			Muay Thai 11:45	BJJ (Blue) Techniques 11:45	Muay Thai 11:45	BJJ (Blue) Mobility 11:45	BJJ- Preteen 11:15	12:15
12:30								12:30
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	12:45
13:00			Boxing (I) 12:45	WarriorFit 12:45	Boxing (I) 12:45	WarriorFit 12:45	BJJ (Blue) Techniques 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 13:30	WarriorFit 13:30	Muay Thai 13:30	WarriorFit 13:30	Muay Thai 13:15	14:00
14:15			Muay Thai 13:45	BJJ (Purple) Techniques 13:45	Muay Thai 13:45	BJJ (Purple) Techniques 13:45	WarriorFit 13:15	14:15
14:30								14:30
14:45								14:45
15:00	Muay Thai 14:30		Muay Thai 14:30		Muay Thai 14:30		Muay Thai 14:15	15:00
15:15								15:15
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 Kids 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	Muay Thai 16:45	WarriorFit 16:45	Muay Thai 17:15	17:30
17:45								17:45
18:00								18:00
18:15								18:15
18:30	Muay Thai 17:45	BJJ- Preteen 17:45	Muay Thai 17:45	BJJ (Blue) Mobility 17:45	Muay Thai 17:45	BJJ (Blue) Techniques 17:45	MT- Preteen 17:15	18:30
18:45								18:45
19:00								19:00
19:15								19:15
19:30	Muay Thai 18:00	BJJ- Preteen 18:00	Muay Thai 18:00	BJJ- Preteen 18:00	Muay Thai 18:00	BJJ (Blue) Techniques 18:00	Muay Thai 18:15	19:30
19:45								19:45
20:00								20:00
20:15								20:15
20:30	Muay Thai 18:45	BJJ (Blue) Techniques 18:45	Muay Thai 18:45	BJJ (Blue) Techniques 18:45	Muay Thai 18:45	BJJ (Blue) Techniques 18:45	BJJ (Blue) Techniques 18:15	20:30
20:45								20:45
21:00								21:00
21:15								21:15
21:30	Muay Thai 19:00	BJJ (Blue) Mobility 19:00	Muay Thai 19:00	BJJ (Blue) Mobility 19:00	Muay Thai 19:00	BJJ (Blue) Techniques 19:00	Muay Thai 19:15	21:30
21:45								21:45
22:00								22:00
22:15								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