



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 Kids Competition Program 8 - 13 years old
Effective 1 Oct, 2020

BJJ Preteen 10 - 13 years old
MT Preteen 10 - 13 years old
only 3 stripes White Belt and higher are permitted

06:30	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		06:30
06:45															06:45
07:00	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					07:00
07:15			Boxing (I) 06:45	BJJ (Purple) Techniques 06:45			Boxing (I) 06:45	BJJ (Purple) Techniques 06:45							07:15
07:30															07:30
07:45															07:45
08:00	Muay Thai 07:30	BJJ No-Gi Techniques 07:30			Muay Thai 07:30	BJJ (Blue) Techniques 07:30			Muay Thai 07:30	BJJ No-Gi Techniques 07:30					08:00
08:15			Muay Thai 07:45	BJJ (Blue) Mobility 07:45			Muay Thai 07:45	BJJ (Blue) Techniques 07:45							08:15
08:30															08:30
08:45															08:45
09:00	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					09:00
09:15			Muay Thai 08:45	WarriorFit 08:45			Muay Thai 08:45	WarriorFit 08:45							09:15
09:30															09:30
09:45															09:45
10:00	Muay Thai 09:30	Muay Thai Sparring 09:30			Muay Thai 09:30				Muay Thai 09:30						10:00
10:15			Muay Thai 09:45				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			Boxing (I) 10:45	BJJ No-Gi Techniques 10:45							11:15
11:30															11:30
11:45															11:45
12:00	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					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															12:45
13:00	Boxing (I) 12:30	BJJ (Blue) Techniques 12:30			Boxing (I) 12:30	BJJ (Blue) Techniques 12:30			Boxing (I) 12:30	BJJ (Blue) Techniques 12:30					13:00
13:15			Muay Thai 12:45	WarriorFit 12:45			Muay Thai 12:45	WarriorFit 12:45							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					14:00
14:15			Boxing (I) 13:45	BJJ No-Gi Techniques 13:45			Boxing (I) 13:45	BJJ (Purple) Techniques 13:345							14:15
14:30															14:30
14:45															14:45
15:00	Muay Thai 14:30				Muay Thai Sparring 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													16:15
16:30			Boxing (I) 15:45	WarriorFit 15:45	Muay Thai Kids 16:00	Little Samurai 16:00			Muay Thai 16:00	Little Samurai 16:00	Muay Thai Kids 16:00	BJJ- Preteen 16:00	Muay Thai Kids 16:00	BJJ- Preteen 16:00	16:30
16:45															16:45
17:00															17:00
17:15															17:15
17:30	Muay Thai 17:00	BJJ- Kids 17:00			Little Warrior 17:00	BJJ- Kids 17:00			MT- Preteen 17:00	BJJ- Kids 17:00	Muay Thai 17:00	MT- Preteen 17:00	Muay Thai 17:00	MT- Preteen 17:00	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 18:00	BJJ- Preteen 18:00			Muay Thai 18:00	BJJ- Preteen 18:00	Muay Thai 18:00	BJJ KIDS Competitors Program 18:00	Muay Thai 18:00	BJJ KIDS Competitors Program 18:00	18:30
18:45															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) Mobility 19:00			Muay Thai 19:00	BJJ (Blue) Techniques 19:00	Muay Thai 19:00	BJJ (Blue) Techniques 19:00	Muay Thai 19:00	BJJ (Blue) Techniques 19:00	19:30
19:45															19:45
20:00															20:00
20:15															20:15
20:30	Muay Thai 20:00	BJJ (Purple) Mobility 20:00			Muay Thai 20:00	BJJ (Purple) Techniques 20:00			Muay Thai 20:00	BJJ (Purple) Techniques 20:00	Boxing (I) 20:00	BJJ (Purple) Techniques 20:00	Muay Thai 20:00	MMA 20:00	20:30
20:45															20:45
21:00															21:00
21:15															21:15
21:30	Muay Thai 21:00	WarriorFit 21:00			Muay Thai 21:00	WarriorFit 21:00			Muay Thai Sparring 21:00	WarriorFit 21:00	Muay Thai 21:00	BJJ (Blue) Techniques 21:00	Muay Thai Sparring 21:00	Wrestling 21:00	21:30
21:45															21:45
22:00															22:00
22:15															22:15
22:30	Boxing (I) 22:00	BJJ (Blue) Techniques 22:00			Boxing (II) 22:00	BJJ No-Gi Techniques 22:00			Boxing (I) 22:00	BJJ (Blue) Techniques 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