



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 November 23rd 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						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 (Blue) Techniques 07:30						8:00
8:15			Muay Thai 07:45	BJJ (Blue) Techniques 07:45				8:15
8:30								8:30
8:45								8:45
9:00	Muay Thai 08:30		Muay Thai 08:30		Muay Thai Sparring 08:30			9:00
9:15			WarriorFit 08:45		WarriorFit 08:45			9:15
9:30								9:30
9:45								9:45
10:00								10:00
10:15								10:15
10:30								10:30
10:45								10:45
11:00			Muay Thai 10:15					11:00
11:15								11:15
11:30	Muay Thai 11:00	BJJ (Purple) Techniques 11:00						11:30
11:45			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						12:30
12:45			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						13:30
13:45			Boxing (I) 13:15	BJJ (Blue) Techniques 13:15				13:45
14:00								14:00
14:15								14:15
14:30								14:30
14:45								14:45
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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				16:30
16:45	Muay Thai 16:15	BJJ Preteen 16:15						16:45
17:00								17:00
17:15			Little Warrior 17:00	BJJ Kids 17:00				17:15
17:30	MT Preteen 17:15	WarriorFit 17:15						17:30
17:45								17:45
18:00								18:00
18:15								18:15
18:30			Muay Thai Kids 18:00	BJJ Preteen 18:00				18:30
18:45	Muay Thai 18:15	BJJ (Blue) Techniques 18:15						18:45
19:00								19:00
19:15			Muay Thai 19:00	BJJ (Blue) Techniques 19:00				19:15
19:30								19:30
19:45	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				20:30
20:45	Muay Thai 20:15	BJJ (Purple) Techniques 20:15						20:45
21:00								21:00
21:15								21:15
21:30								21:30
21:45	Boxing (I) 21:15	WarriorFit 21:15	Muay Thai Sparring 21:00	BJJ (Purple) Techniques 21:00				21:45
22:00			Boxing (I) 21:15	WarriorFit 21:15				22:00

Legend:

Muay Thai (Beginner)

Muay Thai (Intermediate)

Boxing (Beginner)

Boxing (Intermediate)

Muay Thai (Advanced)