



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 3rd December 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) Grappling 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) Grappling 07:30			Muay Thai 07:30	BJJ (Blue) Grappling 07:30			Muay Thai 07:30	BJJ (Purple) Techniques 07:30							8:00
8:15			Muay Thai 07:45	BJJ (Blue) Grappling 07:45				Muay Thai 07:45	BJJ (Blue) Grappling 07:45								8:15
8:30																	8:30
8:45	Muay Thai 08:30				Muay Thai 08:30				Muay Thai Sparring 08:30								8:45
9:00				WarriorFit 08:45					WarriorFit 08:45								9:00
9:15																	9:15
9:30																	9:30
9:45																	9:45
10:00																	10:00
10:15																	10:15
10:30																	10:30
10:45			Muay Thai 10:15					Muay Thai 10:15									10:45
11:00																	11:00
11:15																	11:15
11:30	Muay Thai 11:00	BJJ (Purple) Grappling 11:00			Muay Thai 11:00	BJJ (Purple) Grappling 11:00			Muay Thai 11:00	BJJ (Purple) Grappling 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							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							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																	14:30
14:45				BJJ (Purple) Grappling 14:15					BJJ (Purple) Grappling 14:15								14:45
15:00																	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				Boxing (I) 16:00	Little Samurai 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								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								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) Grappling 20:00				Muay Thai 20:00	BJJ (Blue) Grappling 20:00								20:30
20:45	Muay Thai 20:15	BJJ (Purple) Grappling 20:15			Muay Thai 20:15	BJJ (Purple) Grappling 20:15			Muay Thai 20:15	BJJ (Purple) Grappling 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)