



**Little Samurai 4 - 6 years old**

**Little Warrior 4 - 6 years old**

**BJJ Blue Mobility (Beginner) - Solo Drills**

**EVOLVE KINEX**

**CLASS SCHEDULE**

**BJJ Kids 7 - 9 years old**

**MT Kids 7 - 9 years old**

**BJJ Blue Techniques (Beginner) - Grappling Dummy**

Effective 1st January 2021

**BJJ Preteen 10 - 13 years old**

**MT Preteen 10 - 13 years old**

**BJJ Purple/No-Gi Mobility - Solo Drills**

**BJJ Purple/No-Gi Techniques - Grappling Dummy**  
only 3 stripes White Belt and higher are permitted

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY				SUNDAY	
6:30																
6:45	Muay Thai 06:30	BJJ (Blue) Techniques 06:30	Muay Thai 06:45	BJJ (Purple) Grappling 06:45	Muay Thai 06:30	BJJ (Blue) Techniques 06:30	Muay Thai 06:45	BJJ (Purple) Grappling 06:45	Muay Thai 06:30	BJJ (Blue) Techniques 06:30						
7:00																
7:15																
7:30																
7:45	Muay Thai 07:30	BJJ (Blue) Grappling 07:30	Boxing (I) 07:45	BJJ (Blue) Techniques 07:45	Muay Thai 07:30	BJJ (Blue) Grappling 07:30	Boxing (I) 07:45	BJJ (Blue) Techniques 07:45	Muay Thai 07:30	BJJ (Blue) Grappling 07:30	Muay Thai Sparring 07:15	BJJ (Blue) Techniques 07:15	Boxing (I) 07:15	BJJ (Purple) Techniques 07:15		
8:00																
8:15																
8:30																
8:45	Muay Thai 08:30	BJJ (Purple) Grappling 08:30	Muay Thai 08:45	BJJ (Blue) Grappling 08:45	Muay Thai 08:30	BJJ (Purple) Grappling 08:30	Muay Thai 08:45	BJJ (Blue) Grappling 08:45	Muay Thai 08:30	BJJ (Purple) Grappling 08:30	Muay Thai 08:15	BJJ (Purple) Grappling 08:15	Muay Thai 08:15	BJJ (Blue) Techniques 08:15		
9:00																
9:15																
9:30																
9:45	Boxing (I) 09:30	WarriorFit 09:30	Muay Thai 09:45	WarriorFit 09:45	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	Little Samurai 09:15	Muay Thai 09:15	Little Samurai 09:15		
10:00																
10:15																
10:30																
10:45	Muay Thai 10:30	BJJ (Blue) Techniques 10:30	Muay Thai Sparring 10:45	BJJ (Blue) Grappling 10:45	Muay Thai 10:30	BJJ (Blue) Techniques 10:30	Muay Thai 10:45	BJJ (Blue) Grappling 10:45	Muay Thai 10:30	BJJ (Blue) Techniques 10:30	Little Warrior 10:15	BJJ- Kids 10:15	Little Warrior 10:15	BJJ- Kids 10:15		
11:00																
11:15																
11:30																
11:45	Muay Thai 11:30	BJJ (Purple) Grappling 11:30	Muay Thai 11:45	BJJ (Blue) Techniques 11:45	Muay Thai 11:30	BJJ (Purple) Grappling 11:30	Muay Thai 11:45	BJJ (Blue) Techniques 11:45	Muay Thai 11:30	BJJ No-Gi Grappling 11:30	Muay Thai Kids 11:15	BJJ- Preteen 11:15	Muay Thai Kids 11:15	BJJ- Preteen 11:15		
12:00																
12:15																
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	Boxing (I) 12:45	WarriorFit 12:45	Boxing (I) 12:30	BJJ (Blue) Techniques 12:30	MT- Preteen 12:15	BJJ (Blue) Techniques 12:15	MT- Preteen 12:15	BJJ (Blue) Grappling 12:15		
13:00																
13:15																
13:30																
13:45	Muay Thai 13:30	WarriorFit 13:30	Muay Thai 13:45	BJJ (Purple) Grappling 13:45	Muay Thai 13:30	WarriorFit 13:30	Muay Thai 13:45	BJJ (Purple) Grappling 13:45	Muay Thai 13:30	WarriorFit 13:30	Muay Thai 13:15	WarriorFit 13:15	Muay Thai 13:15	WarriorFit 13:15		
14:00																
14:15																
14:30																
14:45	Muay Thai 14:30	BJJ (Blue) Grappling 14:30	Muay Thai 14:45		Muay Thai 14:30	BJJ (Blue) Grappling 14:30	Muay Thai 14:45		Muay Thai 14:30	BJJ (Blue) Grappling 14:30	Muay Thai 14:15	BJJ- Kids 14:15	Muay Thai 14:15	BJJ- Kids 14:15		
15:00																
15:15																
15:30																
15:45											Muay Thai Kids 15:15	BJJ (Blue) Techniques 15:15	Muay Thai Kids 15:15	Little Samurai 15:15		
16:00			Muay Thai 15:45	BJJ (Blue) Techniques 15:45	Muay Thai 16:00	Little Samurai 16:00	Muay Thai Sparring 15:45	BJJ (Blue) Techniques 15:45	Boxing (I) 16:00	Little Samurai 16:00						
16:15	Boxing (I) 16:00	Little Samurai 16:00														
16:30											Boxing (I) 16:15	BJJ No-Gi Techniques 16:15	Little Warrior 16:15	BJJ- Preteen 16:15		
16:45																
17:00																
17:15			Muay Thai 16:45	WarriorFit 16:45	MT- Preteen 17:00	BJJ- Kids 17:00	Muay Thai 16:45	WarriorFit 16:45	Little Warrior 17:00	BJJ- Kids 17:00	Muay Thai 17:15	MMA 17:15	MT- Preteen 17:15	BJJ (Purple) Grappling 17:15		
17:30	Muay Thai 17:00	BJJ- Kids 17:00														
17:45																
18:00																
18:15			Muay Thai 17:45	BJJ (Blue) Grappling 17:45	Muay Thai 18:00	BJJ- Preteen 18:00	Muay Thai 17:45	BJJ (Blue) Grappling 17:45	Muay Thai Kids 18:00	BJJ- Preteen 18:00						
18:30	Muay Thai 18:00	BJJ- Preteen 18:00									Muay Thai 18:15	Wrestling 18:15	Muay Thai 18:15	BJJ (Blue) Techniques 18:15		
18:45																
19:00																
19:15			Muay Thai 18:45	BJJ (Blue) Techniques 18:45	Muay Thai 19:00	BJJ (Blue) Grappling 19:00	Muay Thai 18:45	BJJ (Blue) Techniques 18:45	Muay Thai 19:00	BJJ (Blue) Grappling 19:00						
19:30	Muay Thai 19:00	BJJ (Blue) Grappling 19:00									Muay Thai 19:15	BJJ (Blue) Grappling 19:15	Muay Thai 19:15	BJJ (Blue) Grappling 19:15		
19:45																
20:00																
20:15			Boxing (I) 19:45	BJJ (Purple) Techniques 19:45	Muay Thai 20:00	BJJ (Blue) Techniques 20:00	Boxing (I) 19:45	BJJ (Purple) Techniques 19:45	Muay Thai 20:00	BJJ (Blue) Techniques 20:00	Muay Thai 20:15	BJJ (Purple) Grappling 20:15	Muay Thai Sparring 20:15	BJJ No-Gi Techniques 20:15		
20:30	Muay Thai 20:00	BJJ (Blue) Techniques 20:00														
20:45																
21:00																
21:15	Muay Thai 21:00	BJJ (Purple) Grappling 21:00	Muay Thai 20:45	WarriorFit 20:45	Muay Thai 21:00	BJJ (Purple) Grappling 21:00	Muay Thai 20:45	WarriorFit 20:45	Muay Thai Sparring 21:00	BJJ (Purple) Grappling 21:00						
21:30																
21:45																
22:00			Muay Thai Sparring 21:45	BJJ (Blue) Grappling 21:45			Muay Thai 21:45	BJJ (Blue) Grappling 21:45								
22:15																
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