



- Little Samurai 4 - 6 years old
- Little Warrior 4 - 6 years old
- BJJ Kids 7 - 9 years old
- MT Kids 7 - 9 years old
- BJJ Preteen 10 - 13 years old
- MT Preteen 10 - 13 years old

- BJJ Blue Techniques (Beginner) - Grappling Dummy
 - BJJ Blue Grappling (Beginner) - Grappling Partner
 - BJJ Purple/No-Gi Techniques (Intermediate) - Grappling Dummy
 - BJJ Purple/No-Gi Techniques (Intermediate) - Grappling Partner
- only 3 stripes White Belt and higher are permitted

EVOLVE ORCHARD CENTRAL
CLASS SCHEDULE
 Effective 15 Jan, 2021

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