



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 1 May 2021

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

Legend:

Muay Thai (Beginner)
 Muay Thai Level I

Muay Thai (Intermediate)
 Muay Thai Level II - V

Boxing (Beginner)
 Boxing Level I

Boxing (Intermediate)
 Boxing Level II

Muay Thai (Advanced)
 Muay Thai Level III - V