



Little Samurai 4 - 6 years old

Little Warrior 4 - 6 years old

BJJ Blue Techniques (Beginner) - Grappling Dummy

EVOLVE ORCHARD CENTRAL

BJJ Kids 7 - 9 years old

MT Kids 7 - 9 years old

BJJ Blue Grappling (Beginner) - Grappling Partner

CLASS SCHEDULE

BJJ Preteen 10 - 13 years old

MT Preteen 10 - 13 years old

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

Effective 1 May, 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	Boxing (I) 06:45	Muay Thai 06:45	BJJ (Purple) Grappling 06:45	Muay Thai 06:30	BJJ (Blue) Grappling 06:30	Boxing (I) 06:45	Muay Thai 06:45	BJJ (Purple) Grappling 06:45	Muay Thai 06:30	BJJ (Blue) Grappling 06:30			07:00
07:15															07:15
07:30															07:30
07:45															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 Purple Grappling 07:30			08:00
08:15															08:15
08:30															08:30
08:45															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															09:15
09:30															09:30
09:45															09:45
10:00	Muay Thai 09:30	Muay Thai Sparring 09:30				Muay Thai 09:30					Muay Thai 09:30	Muay Thai Sparring 09:30			10:00
10:15															10:15
10:30															10:30
10:45															10:45
11:00	Muay Thai 10:30	BJJ (Blue) Grappling 10:30	Boxing (I) 10:45	Muay Thai 10:45	BJJ (Blue) Techniques 10:45	Muay Thai 10:30	BJJ (Blue) Techniques 10:30	Boxing (I) 10:45	Muay Thai 10:45	BJJ No-Gi Grappling 10:45	Muay Thai 10:30	BJJ (Blue) Grappling 10:30			11:00
11:15															11:15
11:30															11:30
11:45															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 (Purple) Grappling 11:30			12:00
12:15															12:15
12:30															12:30
12:45															12:45
13:00	Boxing (I) 12:30	BJJ (Blue) Techniques 12:30				Boxing (I) 12:30	BJJ (Blue) Techniques 12:30				Boxing (I) 12:30	BJJ (Blue) Techniques 12:30			13:00
13:15															13:15
13:30															13:30
13:45															13:45
14:00	Muay Thai 13:30	WarriorFit 13:30	Boxing (I) 13:45		BJJ No-Gi Grappling 13:45	Muay Thai 13:30	WarriorFit 13:30	Boxing (I) 13:45		BJJ (Blue) Grappling 13:45	Muay Thai 13:30	WarriorFit 13:30			14:00
14:15															14:15
14:30															14:30
14:45															14:45
15:00	Muay Thai 14:30					Muay Thai Sparring 14:30					Muay Thai 14:30				15:00
15:15															15:15
15:30															15:30
15:45		Little Warrior 15:15													15:45
16:00															16:00
16:15															16:15
16:30	Muay Thai 16:00	Little Samurai 16:00	Boxing (I) 15:45	Muay Thai 15:45	WarriorFit 15:45	Muay Thai Kids 16:00	Little Samurai 16:00	Boxing (I) 15:45	Muay Thai 15:45	WarriorFit 15:45	Muay Thai Kids 16:00	Little Samurai 16:00	Muay Thai Kids 16:00	BJJ- Preteen 16:00	16:30
16:45															16:45
17:00															17:00
17:15															17:15
17:30	Muay Thai 17:00	BJJ- Kids 17:00				Little Warrior 17:00	BJJ- Kids 17:00				MT- Preteen 17:00	BJJ- Kids 17:00	Muay Thai 17:00	MT- Preteen 17:00	17:30
17:45															17:45
18:00															18:00
18:15	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	BJJ KIDS Competitors Program 18:00	18:15
18:30															18:30
18:45															18:45
19:00															19:00
19:15															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	BJJ (Blue) Grappling 19:00	19:30
19:45															19:45
20:00															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	HMA 20:00	20:30
20:45															20:45
21:00															21:00
21:15															21:15
21:30	Muay Thai 21:00	WarriorFit 21:00	Boxing (I) 20:45		WarriorFit 20:45	Muay Thai 21:00	WarriorFit 21:00	Boxing (I) 20:45		WarriorFit 20:45	Muay Thai Sparring 21:00	WarriorFit 21:00	Boxing (II) 21:00	BJJ (Blue) Grappling 21:00	21:30
21:45															21:45
22:00															22:00
22:15															22:15
22:30	Boxing (I) 22:00	BJJ (Blue) Grappling 22:00	Muay Thai Sparring 21:45	BJJ (Blue) Techniques 21:45	Boxing (I) 22:00	BJJ (Blue) Techniques 22:00	Muay Thai 21:45	BJJ (Blue) Grappling 21:45	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