



- 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)
- BJJ Blue Grappling (Beginner)
- BJJ Purple Grappling (Intermediate) 3 stripes White Belt and above
- BJJ Purple No-Gi (Intermediate) 3 stripes White Belt and above

EVOLVE ORCHARD CENTRAL
CLASS SCHEDULE
 Effective 21 June, 2021

06:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	06:45
06:45								06:45
07:00	Muay Thai 06:30	Boxing (I) 06:45	Muay Thai 06:30	Boxing (I) 06:45	Muay Thai 06:30			07:00
07:15	BJJ (Blue) 06:30	Muay Thai 06:45	BJJ Purple 06:45	Muay Thai 06:45	BJJ Purple 06:45			07:15
07:30						Muay Thai 07:00	BJJ (Blue) 07:00	07:30
07:45								07:45
08:00	Muay Thai 07:30	BJJ No-Gi 07:30	Muay Thai 07:30	BJJ (Blue) 07:30	Muay Thai 07:30	BJJ Purple 07:30		08:00
08:15			Muay Thai 07:45	BJJ (Blue) 07:45	Muay Thai Sparring 07:45	BJJ (Blue) 07:45		08:15
08:30						Muay Thai 08:00	WarriorFit 08:00	08:30
08:45								08:45
09:00	Muay Thai 08:30	BJJ (Blue) 08:30	Muay Thai 08:45	WarriorFit 08:45	Muay Thai 08:30	BJJ (Blue) 08:30		09:00
09:15								09:15
09:30						Muay Thai 09:00	BJJ (Blue) 09:00	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 09:30	Muay Thai Sparring 09:30		10:00
10:15								10:15
10:30						Muay Thai 10:00	BJJ Purple 10:00	10:30
10:45								10:45
11:00	Muay Thai 10:30	BJJ (Blue) 10:30	Muay Thai 10:30	BJJ (Blue) 10:30	Muay Thai 10:30	BJJ (Blue) 10:30		11:00
11:15			Boxing (I) 10:45	Muay Thai 10:45	Boxing (I) 10:45	Muay Thai 10:45	BJJ No-Gi 10:45	11:15
11:30								11:30
11:45								11:45
12:00	Muay Thai 11:30	BJJ Purple 11:30	Muay Thai 11:30	BJJ Purple 11:30	Muay Thai 11:30	BJJ Purple 11:30		12:00
12:15			Muay Thai 11:45	BJJ (Blue) 11:45	Muay Thai 11:45	BJJ (Blue) 11:45		12:15
12:30						Muay Thai 12:00	BJJ- Kids 12:00	12:30
12:45								12:45
13:00	Boxing (I) 12:30	BJJ (Blue) 12:30	Boxing (I) 12:30	BJJ (Blue) 12:30	Boxing (I) 12:30	BJJ (Blue) 12:30		13:00
13:15			Muay Thai 12:45	WarriorFit 12:45	Muay Thai 12:45	WarriorFit 12:45		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 13:45	Boxing (I) 13:45	BJJ (Blue) 13:45		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		Little Warrior 15:15				Little Warrior 15:15		15:30
15:45								15:45
16:00								16:00
16:15			Boxing (I) 15:45	Muay Thai 15:45	Boxing (I) 15:45	Muay Thai 15:45	WarriorFit 15:45	16:15
16:30	Muay Thai 16:00	Little Samurai 16:00	Muay Thai Kids 16:00	Little Samurai 16:00	Boxing (I) 15:45	Muay Thai 15:45	WarriorFit 15:45	16:30
16:45								16:45
17:00								17:00
17:15	Muay Thai 17:00	BJJ- Kids 17:00	Muay Thai 16:45	BJJ (Blue) 16:45	Little Warrior 17:00	BJJ- Kids 17:00	MT- Preteen 17:00	17:15
17:30								17:30
17:45								17:45
18:00								18:00
18:15								18:15
18:30	Muay Thai 18:00	BJJ- Preteen 18:00	Muay Thai 17:45	BJJ (Blue) 17:45	Muay Thai 18:00	BJJ- Preteen 18:00	Muay Thai 18:00	18:30
18:45								18:45
19:00								19:00
19:15								19:15
19:30	Muay Thai 19:00	BJJ (Blue) 19:00	Muay Thai 18:45	BJJ (Blue) 18:45	Muay Thai 19:00	BJJ (Blue) 19:00	Muay Thai 19:00	19:30
19:45								19:45
20:00								20:00
20:15			Muay Thai 19:45	BJJ (Purple) 19:45	Muay Thai 19:45	BJJ (Purple) 19:45		20:15
20:30	Muay Thai 20:00	BJJ (Purple) 20:00						20:30
20:45								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 Sparring 21:00	WarriorFit 21:00	Boxing (II) 21:00	21:30
21:45								21:45
22:00								22:00
22:15			Muay Thai Sparring 21:45	BJJ (Blue) 21:45	Muay Thai 21:45	BJJ (Blue) 21:45	Muay Thai Sparring 21:00	22:15
22:30	Muay Thai Conditioning 22:00	BJJ (Blue) 22:00	Muay Thai Conditioning 22:00	BJJ (Blue) 22:00	Muay Thai Conditioning 22:00	BJJ (Blue) 22:00		22:30
22:45								22:45
23:00								23:00

- Legend:**
- Muay Thai (Beginner) Muay Thai Level I
 - Muay Thai (Conditioning) Muay Thai Level Level I
 - Muay Thai (Intermediate) Muay Thai Level II - V
 - Boxing (Beginner) Boxing Level I
 - Boxing (Intermediate) Boxing Level II