



Little Samurai 4 - 6 years old
Little Warrior 4 - 6 years old
BJJ Blue Mobility (Beginner) - Solo Drills
EVOLVE KINEX

BJJ Kids 7 - 9 years old
MT Kids 7 - 9 years old
BJJ Blue Techniques (Beginner) - Grappling Dummy

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

CLASS SCHEDULE
Effective 19 August 2021

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

Legend: