

Little Samurai 4 - 6 years old
Little Warrior 4 - 6 years old
BJJ Blue Techniques (Beginner)
BJJ Blue Grappling (Beginner)
BJJ Kids 7 - 9 years old
MT Kids 7 - 9 years old
BJJ Purple Grappling (Intermediate) 3 stripes White Belt and above
BJJ Purple No-Gi (Intermediate) 3 stripes White Belt and above
BJJ Preteen 10 - 13 years old
MT Preteen 10 - 13 years old

EVOLVE ORCHARD CENTRAL
CLASS SCHEDULE
 Effective 19 August, 2021

06:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	06:45
06:45								06:45
07:00	Muay Thai V 06:30	BJJ (Blue) V 06:30						07:00
07:15			Boxing (I) V 06:45	Muay Thai V 06:45	BJJ Purple V 06:45			07:15
07:30								07:30
07:45								07:45
08:00	Muay Thai 07:30	BJJ No-Gi V 07:30						08:00
08:15			Muay Thai V 07:45	BJJ (Blue) 07:45	Muay Thai Sparring V 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 V 08:30	BJJ (Blue) 08:30	Muay Thai 08:45	WarriorFit V 08:45	Muay Thai V 08:30	BJJ (Blue) 08:30		09:00
09:15								09:15
09:30						Muay Thai V 09:00	BJJ (Blue) V 09:00	09:30
09:45								09:45
10:00	Muay Thai V 09:30	Muay Thai Sparring V 09:30						10:00
10:15			Muay Thai V 09:45					10:15
10:30						Muay Thai V 10:00	BJJ Purple V 10:00	10:30
10:45								10:45
11:00	Muay Thai 10:30	BJJ (Blue) 10:30				Muay Thai 10:30	BJJ (Blue) V 10:30	11:00
11:15			Boxing (I) V 10:45	Muay Thai V 10:45	BJJ (Blue) V 10:45			11:15
11:30								11:30
11:45								11:45
12:00	Muay Thai V 11:30	BJJ Purple V 11:30	Muay Thai V 11:30	BJJ Purple V 11:30	Muay Thai V 11:30	BJJ Purple V 11:30		12:00
12:15								12:15
12:30						Muay Thai V 12:00	BJJ- Kids 12:00	12:30
12:45								12:45
13:00	Boxing (I) V 12:30	BJJ (Blue) V 12:30	Boxing (I) V 12:30	BJJ (Blue) V 12:30	Boxing (I) V 12:30	BJJ (Blue) 12:30		13:00
13:15								13:15
13:30						Muay Thai Kids 13:00	BJJ- Preteen 13:00	13:30
13:45								13:45
14:00	Muay Thai V 13:30	WarriorFit 13:30	Boxing (I) 13:45	BJJ (Blue) 13:45	Boxing (I) 13:45	BJJ (Blue) 13:30		14:00
14:15								14:15
14:30						MT- Preteen 14:00	Little Samurai 14:00	14:30
14:45								14:45
15:00	Muay Thai V 14:30		Muay Thai Sparring V 14:30		Muay Thai V 14:30			15:00
15:15								15:15
15:30		Little Warrior 15:15				Little Warrior 15:00	BJJ- Kids 15:00	15:30
15:45								15:45
16:00								16:00
16:15								16:15
16:30	Muay Thai 16:00	Little Samurai 16:00	Boxing (I) V 15:45	Muay Thai V 15:45	WarriorFit 15:45	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 V 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	17:30
17:45								17:45
18:00								18:00
18:15								18:15
18:30	Muay Thai V 18:00	BJJ- Preteen 18:00	Muay Thai V 17:45	BJJ (Blue) V 17:45	Muay Thai V 18:00	BJJ- Preteen 18:00	Muay Thai V 18:00	18:30
18:45								18:45
19:00								19:00
19:15								19:15
19:30	Muay Thai V 19:00	BJJ (Blue) V 19:00	Muay Thai V 18:45	BJJ (Blue) V 18:45	Muay Thai V 19:00	BJJ (Blue) V 19:00	Muay Thai V 19:00	19:30
19:45								19:45
20:00								20:00
20:15								20:15
20:30	Muay Thai V 20:00	BJJ (Purple) V 20:00	Muay Thai V 19:45	BJJ (Purple) V 19:45	Muay Thai V 20:00	BJJ (Purple) V 20:00	Boxing (I) V 20:00	20:30
20:45								20:45
21:00								21:00
21:15								21:15
21:30	Muay Thai 21:00	WarriorFit V 21:00	Boxing (I) V 20:45	WarriorFit 20:45	Boxing (I) V 20:45	WarriorFit 20:45	Muay Thai Sparring V 21:00	21:30
21:45								21:45
22:00								22:00
22:15								22:15
22:30	Muay Thai Conditioning V 22:00	BJJ (Blue) 22:00	Muay Thai Sparring V 21:45	BJJ (Blue) V 21:45	Boxing (I) 22:30	BJJ (Blue) 22:00	Muay Thai Sparring V 21:00	22:30
22:45								22:45
23:00								23:00

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