



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 28th August 2021

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

**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