



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 11th October 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   | 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  |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        | Muay Thai 08:00       | BJJ (Blue) (V) 08:00   | Muay Thai (V) 08:00          | BJJ (Blue) (V) 08:00 | 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  |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        | Muay Thai (V) 09:00   | Little Samurai 09:00   | Muay Thai (V) 09:00          | Little Samurai 09:00 | 9:15  |
| 9:30  |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 9:30  |
| 9:45  |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 9:45  |
| 10:00 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 10:00 |
| 10:15 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 10:15 |
| 10:30 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        | Little Warrior 10:00  | BJJ Kids 10:00         | Little Warrior 10:00         | BJJ Kids 10:00       | 10:30 |
| 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 |                              |                        | Muay Thai Kids 11:00  | BJJ Preteen 11:00      | Muay Thai Kids 11:00         | BJJ Preteen 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       |                              |                        | Muay Thai Kids 13:00  | WarriorFit (V) 13:00   | Muay Thai (V) 13:00          | WarriorFit (V) 13:00 | 13:30 |
| 13:45 |                      |                        | Boxing (I) (V) 13:15         | BJJ (Purple) (V) 13:15 |                      |                        | Boxing (I) (V) 13:15 | BJJ (Purple) (V) 13:15 |                      |                        |                              |                        |                       |                        |                              |                      | 13:45 |
| 14:00 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 14:00 |
| 14:15 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 14:15 |
| 14:30 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        | Boxing (I) (V) 14:00  | BJJ (Blue) (V) 14:00   | Boxing (I) (V) 14:00         | BJJ (Blue) (V) 14:00 | 14:30 |
| 14:45 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 14:45 |
| 15:00 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 15:00 |
| 15:15 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 15:15 |
| 15:30 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 15:30 |
| 15:45 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 15:45 |
| 16:00 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 16:00 |
| 16:15 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 16:15 |
| 16:30 | Muay Thai (V) 16:15  | BJJ Preteen 16:15      | Muay Thai Kids 16:00         | Little Samurai 16:00   | Muay Thai (V) 16:15  | BJJ Preteen 16:15      | Muay Thai (V) 16:15  | BJJ (Blue) (V) 16:15   | Muay Thai (V) 16:15  | BJJ (Blue) (V) 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         |                      |                        |                              |                        | Boxing (I) (V) 17:00  | BJJ (Blue) (V) 17:00   | Boxing (I) (V) 17:00         | BJJ (Blue) (V) 17:00 | 17:30 |
| 17:45 | MT Preteen 17:15     | WarriorFit (V) 17:15   |                              |                        | MT Preteen 17:15     | WarriorFit (V) 17:15   |                      |                        | Boxing (I) (V) 17:15 | WarriorFit (V) 17:15   |                              |                        |                       |                        |                              |                      | 17:45 |
| 18:00 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 18:00 |
| 18:15 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 18:15 |
| 18:30 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 18:30 |
| 18:45 | Muay Thai (V) 18:15  | BJJ (Blue) 18:15       | Muay Thai 18:00              | BJJ (Blue) (V) 18:00   | Muay Thai (V) 18:15  | BJJ (Blue) 18:15       | Muay Thai 18:00      | BJJ (Blue) (V) 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 |                              | 18:45                |       |
| 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 (V) 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 |                      |                        |                              |                        |                      |                        |                      |                        |                      |                        |                              |                        |                       |                        |                              |                      | 21:30 |
| 21:45 | 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   |                              |                        |                       |                        |                              | 21:45                |       |
| 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