



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 15 October 2021

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

Legend: