

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

EVOLVE ORCHARD CENTRAL
CLASS SCHEDULE
Effective 15 October, 2021

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