



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 15 April 2022

6:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	6:30
6:45								6:45
7:00	Muay Thai 06:30	BJJ (Blue) 06:45	Boxing (I) 06:45	BJJ (Purple) 06:30	Muay Thai 06:30	BJJ (Blue) 06:45		7:00
7:15								7:15
7:30								7:30
7:45								7:45
8:00	Muay Thai 07:30	BJJ (Blue) 07:45	Muay Thai 07:45	BJJ (Blue) 07:30	Muay Thai 07:30	BJJ (Blue) 07:45		8:00
8:15								8:15
8:30						Muay Thai 08:00	BJJ (Blue) 08:00	8:30
8:45								8:45
9:00	Muay Thai 08:30		WarriorFit 08:30	Muay Thai 08:30		WarriorFit 08:30	Muay Thai Sparring 08:30	9:00
9:15								9:15
9:30								9:30
9:45								9:45
10:00						Muay Thai 09:00	Little Samurai 09:00	10:00
10:15						Little Warrior 10:00	BJJ Kids 09:45	10:15
10:30							Little Warrior 10:00	10:30
10:45								10:45
11:00								11:00
11:15								11:15
11:30	Muay Thai 11:00	BJJ (Purple) 10:45	Muay Thai 11:00	BJJ (Blue) 11:00	Muay Thai 11:00	BJJ (Purple) 10:45	Muay Thai Kids 10:45	11:30
11:45								11:45
12:00								12:00
12:15	Boxing (I) 11:45	BJJ (Blue) 11:45	Muay Thai 12:00	WarriorFit 12:00	Boxing (I) 11:45	BJJ (Blue) 11:45		12:15
12:30								12:30
12:45								12:45
13:00	Muay Thai 12:30	WarriorFit 12:45	Boxing (I) 12:45	BJJ (Purple) 12:45	Muay Thai 12:30	WarriorFit 12:45	Muay Thai Kids 12:30	13:00
13:15								13:15
13:30								13:30
13:45	Muay Thai 13:15							13:45
14:00								14:00
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15:30								15:30
15:45								15:45
16:00								16:00
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 (Blue) 16:00	Muay Thai Sparring 16:15	16:30
16:45								16:45
17:00								17:00
17:15								17:15
17:30								17:30
17:45	MT Preteen 17:15	WarriorFit 17:00	Little Warrior 17:00	BJJ Kids 17:00	MT Preteen 17:15	WarriorFit 17:00	Boxing (I) 17:15	17:45
18:00								18:00
18:15								18:15
18:30								18:30
18:45	Muay Thai 18:15	BJJ (Blue) 18:00	Muay Thai 18:00	BJJ (Blue) 17:45	Muay Thai 18:00	BJJ (Blue) 17:45	BJJ (Purple) 17:30	18:45
19:00								19:00
19:15								19:15
19:30								19:30
19:45	Muay Thai 19:15	BJJ (Blue) 19:00	Muay Thai 19:00	BJJ (Blue) 18:45	Muay Thai 19:00	BJJ (Blue) 18:45	BJJ (Blue) 19:00	19:45
20:00								20:00
20:15								20:15
20:30								20:30
20:45	Muay Thai 20:15	BJJ (Purple) 20:00	Muay Thai 20:00	BJJ (Purple) 19:45	Muay Thai 20:00	BJJ (Purple) 19:45	Boxing (II) 20:15	20:45
21:00								21:00
21:15								21:15
21:30	Boxing (I) 21:15	WarriorFit 21:00	Muay Thai Sparring 21:00	BJJ (Purple) 20:45	Boxing (I) 21:15	WarriorFit 21:00		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