



- Little Samurai 4 - 6 years old
- Little Warrior 4 - 6 years old
- BJJ Blue Mobility (Beginner) - Solo Drills
- BJJ Blue Techniques (Beginner) - Grappling Dummy
- BJJ Kids 7 - 9 years old
- MT Kids 7 - 9 years old
- BJJ Purple/No-Gi Mobility - Solo Drills
- BJJ Purple/No-Gi Techniques - Grappling Dummy
- BJJ Preteen 10 - 13 years old
- MT Preteen 10 - 13 years old

**EVOLVE KINEX**

**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		Muay Thai 06:30		Muay Thai 06:30			7:00
7:15	BJJ (Blue) 06:45		BJJ (Purple) 06:45		BJJ (Blue) 06:45			7:15
7:30							BJJ (Blue) 07:00	7:30
7:45								7:45
8:00	Muay Thai 07:30	Boxing (I) 07:30		Boxing (I) 07:30		Muay Thai 07:30	Boxing (I) 07:30	8:00
8:15	BJJ (Blue) 07:45	BJJ (Blue) 07:45		BJJ (Blue) 07:45				8:15
8:30							BJJ (Purple) 08:00	8:30
8:45							Boxing Sparring 08:15	8:45
9:00	Muay Thai 08:30		Muay Thai 08:30		Muay Thai 08:30			9:00
9:15	BJJ (Purple) 08:45		BJJ (Purple) 08:45		BJJ (Blue) 08:45			9:15
9:30							Little Samurai 09:00	9:30
9:45							Muay Thai 09:00	9:45
10:00							Muay Thai Clinching 09:30	10:00
10:15	WarriorFit 09:45			WarriorFit 09:45		WarriorFit 09:45		10:15
10:30							Little Warrior 10:00	10:30
10:45	Muay Thai 10:15						BJJ (Blue) 09:45	10:45
11:00	BJJ (Blue) 10:30	Muay Thai Sparring 10:30		Muay Thai 10:30			Little Warrior 10:00	11:00
11:15							BJJ- Kids 10:45	11:15
11:30	Muay Thai 11:00						Muay Thai 10:45	11:30
11:45								11:45
12:00	BJJ (Purple) 11:30						BJJ- Preteen 11:30	12:00
12:15							Muay Thai Kids 11:45	12:15
12:30		Boxing (I) 12:00		Boxing (I) 12:00			BJJ- Preteen Randori 12:15	12:30
12:45	Boxing (I) 12:30		Boxing (I) 12:30		Boxing (I) 12:30		MT- Preteen 12:30	12:45
13:00	BJJ (Blue) 12:30		BJJ (Blue) 12:30		BJJ (Blue) 12:30		BJJ (Blue) 12:30	13:00
13:15								13:15
13:30	Muay Thai Sparring 13:15		Muay Thai 13:15		Muay Thai 13:15			13:30
13:45	WarriorFit 13:30		WarriorFit 13:30		WarriorFit 13:30			13:45
14:00								14:00
14:15								14:15
14:30	Muay Thai 14:00							14:30
14:45		Muay Thai 14:15		Muay Thai 14:15				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	Boxing (I) 16:00	Little Samurai 16:00	Boxing (I) 16:00	Boxing (I) 16:00	Boxing (I) 16:00	Boxing (I) 16:00		16:30
16:45								16:45
17:00								17:00
17:15	BJJ- Kids 16:45		BJJ- Kids 16:45		BJJ- Kids 16:45			17:15
17:30	Muay Thai 17:00							17:30
17:45								17:45
18:00	BJJ- Preteen 17:30		BJJ- Preteen 17:30		Muay Thai Kids 17:30	BJJ- Preteen 17:30		18:00
18:15								18:15
18:30	Muay Thai 18:00							18:30
18:45	BJJ (Blue) 18:15		BJJ (Blue) 18:15		MT- Preteen 18:15	BJJ (Blue) 18:15		18:45
19:00								19:00
19:15								19:15
19:30	Muay Thai 19:00							19:30
19:45								19:45
20:00	BJJ (Blue) 19:15		BJJ (Purple) 19:30		BJJ (Purple) 19:30			20:00
20:15								20:15
20:30	Muay Thai 20:00		Muay Thai Sparring 20:00					20:30
20:45	BJJ (Purple) 20:15	Boxing (I) 20:15	BJJ (Randori) 20:30	BJJ (No-Gi) 20:15	Boxing (I) 20:15	BJJ (Purple) 20:15		20:45
21:00								21:00
21:15								21:15
21:30	Muay Thai 21:00		WarriorFit 21:00		WarriorFit 21:00			21:30
21:45								21:45
22:00	BJJ (Blue) 21:15	Muay Thai 21:15		BJJ (Blue) 21:15	Muay Thai Sparring 21:15			22:00
22:15								22:15
22:30	Boxing (I) 22:00		Boxing (I) 22:00					22:30
22:45								22:45
23:00								23:00

Legend: