



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 (Beginner)
 BJJ Purple (Intermediate) 3 Stripes White Belt and above

EVOLVE CLARKE QUAY

CLASS SCHEDULE
 Effective 1 June 2022

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

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