



- 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 Blue No-Gi (Beginner)
- BJJ Preteen 10 - 13 years old
- MT Preteen 10 - 13 years old
- BJJ Purple, BJJ (No-Gi) (Intermediate) only 3 stripes White Belt and higher are permitted

EVOLVE KINEX

**CLASS SCHEDULE**  
Effective 01 February 2023

6:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	6:30
6:45		Open Gym		Open Gym		Open Gym		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	BJJ (Purple) 06:45	BJJ (Blue) 06:45	Open Gym	BJJ (Blue) 07:00	7:15
7:30							Open Gym	7:30
7:45							BJJ (Blue) 07:00	7:45
8:00	Muay Thai 07:30	Muay Thai Sparring 07:30	Muay Thai 07:30	Muay Thai 07:30	Muay Thai 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	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	Boxing (I) 08:30	Muay Thai 08:30	Boxing (I) 08:30	Muay Thai Sparring 08:30	Muay Thai Sparring 08:30	BJJ (Purple) 08:00	9:00
9:15	BJJ (Purple) 08:45	BJJ (Blue) 08:45	BJJ (Purple) 08:45	BJJ (Blue) 08:45	BJJ (Purple) 08:45	Little Samurai 09:00	BJJ (Purple) 08:00	9:15
9:30						Muay Thai 09:00	Little Samurai 09:00	9:30
9:45						Muay Thai Sparring 09:30		9:45
10:00	Open Gym	WarriorFit 09:45	Open Gym	Open Gym	Open Gym	WarriorFit 09:45		10:00
10:15								10:15
10:30		WarriorFit 10:00	WarriorFit 10:00	WarriorFit 10:00	WarriorFit 10:00	Little Warrior 10:00	BJJ (Blue) 09:45	10:30
10:45	Muay Thai 10:15		Muay Thai 10:15	Muay Thai 10:15	Muay Thai 10:15		Little Warrior 10:00	10:45
11:00	BJJ (Blue) 10:30	Muay Thai 10:30	BJJ (Blue) 10:30	Muay Thai 10:30	BJJ (Blue) 10:30		BJJ (Blue) 09:45	11:00
11:15							BJJ Kids 10:45	11:15
11:30	Muay Thai 11:00	Muay Thai 11:15	Muay Thai 11:00	Muay Thai 11:15	Muay Thai 11:00		Muay Thai 10:45	11:30
11:45								11:45
12:00	BJJ (Purple) 11:30		BJJ (Purple) 11:30	BJJ (Purple) 11:30	BJJ (No-Gi) 11:30		BJJ Preteen 11:30	12:00
12:15	Muay Thai 11:45	Boxing (I) 12:00	Muay Thai 11:45	Boxing (I) 12:00	Muay Thai 11:45	Muay Thai Kids 11:45	Muay Thai Kids 11:45	12:15
12:30						BJJ Randori	BJJ Randori	12:30
12:45	Boxing (I) 12:30		Boxing (I) 12:30	Boxing (I) 12:30	Boxing (I) 12:30	MT Preteen 12:30	MT Preteen 12:30	12:45
13:00	BJJ (Blue) 12:30	Muay Thai 12:45	BJJ (Blue) 12:45	Muay Thai 12:45	BJJ (Blue) 12:45		BJJ (Blue) 12:30	13:00
13:15								13:15
13:30	Muay Thai Sparring 13:15	WarriorFit 13:30	Muay Thai 13:15	WarriorFit 13:30	Muay Thai Sparring 13:30	Muay Thai 13:15	Muay Thai 13:15	13:30
13:45							WarriorFit 13:30	13:45
14:00								14:00
14:15	Muay Thai 14:00		Muay Thai 14:00	Muay Thai 14:15	Muay Thai 14:00			14:15
14:30								14:30
14:45							BJJ Kids 14:30	14:45
15:00								15:00
15:15	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		15:15
15:30								15:30
15:45							Muay Thai Kids 15:15	15:45
16:00							BJJ (Blue) 15:15	16:00
16:15							Muay Thai Kids 15:15	16:15
16:30	Boxing (I) 16:00	Little Samurai 16:00	Boxing (I) 16:00	Little Samurai 16:00	Muay Thai Sparring 15:45	Little Samurai 16:00	Boxing (I) 16:00	16:30
16:45							BJJ (No-Gi) 16:15	16:45
17:00							Little Warrior 16:00	17:00
17:15	BJJ Kids 16:45	Muay Thai Sparring 16:15	WarriorFit 16:30	BJJ Kids 16:45	WarriorFit 16:30	Little Warrior 16:45	MT Preteen 16:45	17:15
17:30	Muay Thai 17:00		Muay Thai 17:00	Muay Thai 17:15	Little Warrior 16:45	BJJ Kids 16:45		17:30
17:45								17:45
18:00	BJJ Preteen 17:30	Muay Thai 17:15	BJJ (Blue) 17:30	BJJ Preteen 17:30	Muay Thai 17:15	Muay Thai Kids 17:30	BJJ Preteen 17:30	18:00
18:15								18:15
18:30	Muay Thai 18:00		Muay Thai 18:00	Muay Thai 18:15	Muay Thai 18:00		MMA 17:15	18:30
18:45	BJJ (Blue) 18:15	Muay Thai 18:15	BJJ (Blue) 18:15	BJJ (Blue) 18:15	MT Preteen 18:15	BJJ (Blue) 18:15	Wrestling 18:15	18:45
19:00								19:00
19:15								19:15
19:30	Muay Thai 19:00		Muay Thai 19:00	Muay Thai 19:15	Muay Thai 19:00	Muay Thai 19:00		19:30
19:45								19:45
20:00	BJJ (Blue) 19:15	Muay Thai 19:15	BJJ (Purple) 19:30	BJJ (Blue) 19:15	Muay Thai 19:15	BJJ (Blue) 19:15	No-Gi (Beginner) 19:15	20:00
20:15								20:15
20:30	Muay Thai 20:00	Boxing (I) 20:15	BJJ Randori 20:30	Muay Thai Sparring 20:00	BJJ (No-Gi) 20:15	Boxing (I) 20:15	Muay Thai Sparring 19:30	20:30
20:45	BJJ (Purple) 20:15							20:45
21:00								21:00
21:15								21:15
21:30	Muay Thai 21:00	WarriorFit 21:00	Muay Thai 21:00	BJJ (Blue) 21:15	Muay Thai Sparring 21:15	MMA 21:00	Muay Thai 20:30	21:30
21:45								21:45
22:00	BJJ (Blue) 21:15	Muay Thai 21:15	No-Gi (Beginner) 22:00	Boxing (I) 22:00	Open Gym	WarriorFit 22:00	Boxing (II) 22:00	22:00
22:15	Boxing (I) 22:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		22:15
22:30								
22:45	Open Gym	Open Gym						
23:00	Open Gym		Open Gym		Open Gym			

**Legend:** Muay Thai (Beginner) Level I    Muay Thai (Intermediate) Level II - V    Boxing (Beginner) Level I    Boxing (Intermediate) Level II