



- Little Samurai 4 - 6 years old
- Little Warrior 4 - 6 years old
- BJJ Blue (Beginner)
- BJJ Blue No -Gi (Beginner)
- BJJ Kids 7 - 9 years old
- MT Kids 7 - 9 years old
- 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 STAR VISTA
CLASS SCHEDULE
 Effective 01 Feb, 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		Boxing (I) 06:30		Boxing (I) 06:30			7:00
7:15		BJJ (Blue) 06:45		BJJ (Blue) 06:45		BJJ (Blue) 06:45		7:15
7:30			BJJ (Purple) 06:45		BJJ (Purple) 06:45			7:30
7:45								7:45
8:00	Muay Thai 07:30		Muay Thai 07:30		Muay Thai 07:30		Open Gym	8:00
8:15		BJJ (No-Gi) 07:45		BJJ (Blue) 07:45		BJJ (No-Gi) 07:45	Open Gym	8:15
8:30					Muay Thai Sparring 07:30		Open Gym	8:30
8:45							BJJ (Purple) 08:00	8:45
9:00								9:00
9:15		WarriorFit 08:45	Muay Thai 08:30					9:15
9:30	Open Gym		Open Gym		WarriorFit 08:45	Muay Thai 08:30		9:30
9:45							BJJ (Blue) 09:00	9:45
10:00								10:00
10:15						Muay Thai 09:30		10:15
10:30							WarriorFit 10:00	10:30
10:45	Muay Thai 10:15							10:45
11:00								11:00
11:15								11:15
11:30	Muay Thai 11:00	BJJ (Purple) 11:00		Muay Thai 11:00	BJJ (No-Gi) 11:00		BJJ (Blue) 11:00	11:30
11:45								11:45
12:00								12:00
12:15	Boxing (I) 11:45		Boxing (I) 11:45		Boxing (I) 11:45		Boxing (I) 11:30	12:15
12:30		BJJ (Blue) 12:00		BJJ (Blue) 12:00			BJJ (Purple) 12:00	12:30
12:45			WarriorFit 12:15		WarriorFit 12:15			12:45
13:00	Muay Thai 12:30							13:00
13:15		WarriorFit 13:00		WarriorFit 13:00			BJJ Randori	13:15
13:30	Muay Thai Sparring 13:15		BJJ (Blue) 13:00	Muay Thai 13:15	BJJ (No-Gi) 13:00	Muay Thai 13:30		13:30
13:45								13:45
14:00								14:00
14:15						Muay Thai 13:30		14:15
14:30							Little Samurai 14:15	14:30
14:45								14:45
15:00						MT Preteen 14:30	MT Preteen 14:30	15:00
15:15	Open Gym						BJJ Kids 15:00	15:15
15:30							Little Warrior 15:15	15:30
15:45								15:45
16:00							BJJ Preteen 15:45	16:00
16:15								16:15
16:30							Muay Thai Kids 16:00	16:30
16:45	Muay Thai 16:15		MT Preteen 16:15	Little Samurai 16:15	MT Preteen 16:15	Little Samurai 16:15		16:45
17:00								17:00
17:15								17:15
17:30		BJJ (Blue) 17:00	Little Warrior 17:00	BJJ Kids 17:00	Little Warrior 17:00	BJJ Kids 17:00		17:30
17:45	Boxing (I) 17:15			Boxing (I) 17:15		Boxing (I) 17:15		17:45
18:00								18:00
18:15			Muay Thai Kids 17:45	BJJ Preteen 17:45	Muay Thai Kids 17:45	BJJ Preteen 17:45		18:15
18:30		BJJ (Blue) 18:00		BJJ (Blue) 18:00		BJJ (Blue) 18:00		18:30
18:45			BJJ Randori		BJJ Randori			18:45
19:00	Muay Thai 18:15							19:00
19:15								19:15
19:30		BJJ (Blue) 19:00		BJJ (Blue) 19:00		BJJ (Blue) 19:00		19:30
19:45								19:45
20:00								20:00
20:15								20:15
20:30		BJJ (Purple) 20:00		BJJ (Purple) 20:00		BJJ (No - Gi) 20:00		20:30
20:45	Boxing (I) 20:15			Boxing (I) 20:15		Boxing (I) 20:15		20:45
21:00								21:00
21:15								21:15
21:30		WarriorFit 21:00		WarriorFit 21:00		WarriorFit 21:00		21:30
21:45	Muay Thai 21:15		Boxing (I) 21:30	BJJ (Blue) 21:15	Muay Thai 21:15			21:45
22:00								22:00
22:15								22:15
22:30	Open Gym							22:30
22:45								22:45

- 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