

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 Purple (Intermediate) 3 stripes White Belt and above  
BJJ Preteen 10 - 13 years old
MT Preteen 10 - 13 years old

**EVOLVE ORCHARD CENTRAL**  
**CLASS SCHEDULE**  
Effective 15th November 2023

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

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