



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 17 Jan 2024

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