



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 1st April 2024

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