EVOLVE
MIXED MARTIAL ARTS

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 Blue No -Gi (Beginner)
BJJ (Purple), BJJ (No-Gi) (Intermediate)
only 3 stripes White Belt and higher are permitted

EVOLVE STAR VISTA
CLASS SCHEDULE
Effective 1st April, 2024

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

Muay Thai (Beginner)
Muay Thai (Intermediate)
Muay Thai (Advanced)
Boxing (Beginner)
Boxing (Intermediate)