



Little Samurai 4 - 6 years old

Little Warrior 4 - 6 years old

BJJ Blue (Beginner), BJJ Blue No-Gi (Beginner)

EVOLVE KINEX

CLASS SCHEDULE

BJJ Kids 7 - 9 years old

MT Kids 7 - 9 years old

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

Effective 22 May 2024

BJJ Preteen 10 - 13 years old

MT Preteen 10 - 13 years old

BJJ Black, only Purple Belt and higher are permitted

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

Legend:

Muay Thai (Beginner) Level I

Muay Thai (Intermediate) Level II - V

Boxing (Beginner) Level I

Boxing (Intermediate) Level II

Muay Thai (Advanced) Level III