EVOLVE
MIXED MARTIAL ARTS

- Little Samurai 4 - 6 years old
- Little Warrior 4 - 6 years old
- BJJ Blue (Beginner)
- BJJ Blue No -Gi (Beginner)
- 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
- BJJ Preteen 10 - 13 years old
- MT Preteen 10 - 13 years old

EVOLVE STAR VISTA
CLASS SCHEDULE
Effective 1st May, 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	Open Gym	Boxing (I) 06:30	Open Gym	Muay Thai 06:30	Open Gym					6:45
7:00		BJJ (Blue) 06:45		BJJ (Purple) 06:45		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 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 (Blue) 07:45		BJJ (No-GI) 07:45					8:00
8:15												BJJ (No-Gi) 08:00		BJJ (Purple) 08:00	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					9:00
9:15												BJJ (Blue) 09:00		BJJ (Blue) 09:00	9:15
9:30															9:30
9:45			Open Gym				Open Gym				Muay Thai 09:30		Muay Thai 09:30		9:45
10:00															10:00
10:15												WarriorFit 10:00		WarriorFit 10:00	10:15
10:30	Muay Thai 10:15		Muay Thai 10:30		Muay Thai 10:15		Muay Thai 10:30		Muay Thai 10:15		Muay Thai 10:30		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		BJJ (Blue) 11:00		BJJ (Blue) 11:00	11:15
11:30															11:30
11:45															11:45
12:00	Boxing (I) 11:45				Boxing (II) 11:45				Boxing (I) 11:45		Boxing (I) 11:30		Boxing (I) 11:30		12:00
12:15		BJJ (Blue) 12:00	Muay Thai 12:00	WarriorFit 12:15		BJJ (Blue) 12:00	Muay Thai 12:00	WarriorFit 12:15		BJJ (Blue) 12:00		BJJ (Purple) 12:00		BJJ (Purple) 12:00	12:15
12:30															12:30
12:45	Muay Thai 12:30				Muay Thai 12:30				Muay Thai 12:30		Muay Thai 12:30		Muay Thai 12:30		12:45
13:00			Boxing (I) 12:45				Boxing (I) 12:45								13:00
13:15				BJJ (Blue) 13:00				BJJ (No-Gi) 13:00				BJJ Randori		BJJ Randori	13:15
13:30	Muay Thai Sparring 13:15				Muay Thai 13:15				Muay Thai 13:15						13:30
13:45											Muay Thai 13:30	BJJ (Blue) 13:15	Muay Thai 13:30	BJJ (Blue) 13:15	13:45
14:00															14:00
14:15	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym						14:15
14:30		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Little Samurai 14:15		Little Samurai 14:15	14:30
14:45											MT Preteen 14:30		MT Preteen 14:30		14:45
15:00															15:00
15:15											Little Warrior 15:15	BJJ Kids 15:00	Little Warrior 15:15	BJJ Kids 15:00	15:15
15:30															15:30
15:45				Little Warrior 15:30				Little Warrior 15:30							15:45
16:00												BJJ Preteen 15:45		BJJ Preteen 15:45	16:00
16:15	Muay Thai 16:00				Muay Thai 16:00				Muay Thai 16:00		Muay Thai Kids 16:00		Muay Thai Kids 16:00		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												BJJ Randori		BJJ Randori	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 16:45		Muay Thai 16:45		17:15
17:30		BJJ (No-Gi) 17:15				BJJ (Purple) 17:15				BJJ (Purple) 17:15		BJJ (Blue) 17:00		BJJ (Blue) 17:00	17:30
17:45															17:45
18:00			Muay Thai 17:45	BJJ Preteen 17:45			Muay Thai 17:45	BJJ Preteen 17:45			Muay Thai 17:45		Muay Thai 17:45		18:00
18:15	Muay Thai 18:00				Muay Thai 18:00				Muay Thai 18:00			BJJ (Purple) 18:00		MMA 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					18:30
18:45			Muay Thai 18:45				Muay Thai 18:45								18:45
19:00											Boxing (I) 18:45		Muay Thai Sparring 18:45		19:00
19:15	Muay Thai 19:00				Muay Thai 19:00				Muay Thai 19:00			Muay Thai Competitors Program 19:00		Wrestling 19:00	19:15
19:30		BJJ (Blue) 19:15		BJJ (Purple) 19:30		BJJ (Blue) 19:15		BJJ (Purple) 19:30		BJJ (Blue) 19:15					19:30
19:45			Muay Thai 19:45				Muay Thai 19:45								19:45
20:00											Boxing (II) 19:45		Muay Thai (III) 19:45		20:00
20:15	Boxing (I) 20:00				Boxing (I) 20:00				Boxing (I) 20:00					Open Gym	20:15
20:30		BJJ (Purple) 20:15		BJJ Randori 20:30		BJJ (Purple) 20:15		BJJ Randori 20:30		BJJ (No-Gi) 20:15					20:30
20:45			Boxing (I) 20:45				Boxing (I) 20:45					Open Gym			20:45
21:00											Open Gym		Open Gym		21:00
21:15	Muay Thai 21:00	BJJ Randori 21:15		WarriorFit 21:00	Muay Thai Sparring 21:00	BJJ Randori 21:15		WarriorFit 21:00	Muay Thai 21:00	BJJ Randori 21:15					21:15
21:30															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		Open Gym	Muay Thai 22:00	Open Gym		Open Gym	Muay Thai 22:00	Open Gym					22:15
22:30															22:30
22:45			Open Gym				Open Gym								22:45

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