

Little Samurai 4 - 6 years old
Little Warrior 4 - 6 years old
BJJ Blue (Beginner)
BJJ Kids 7 - 9 years old
MT Kids 7 - 9 years old
BJJ Purple (Intermediate) 3 stripes White Belt and above
BJJ Preteen 10 - 13 years old
MT Preteen 10 - 13 years old

EVOLVE ORCHARD CENTRAL
CLASS SCHEDULE
Effective 1st April 2024

6:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	6:30
6:45		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	7:00
7:15		BJJ (Blue) 06:45		BJJ (Blue) 06:45		BJJ (Blue) 06:45		7:15
7:30						Muay Thai 07:00		7:30
7:45							Open Gym	7:45
8:00	Muay Thai 07:30		Muay Thai 07:30		Muay Thai 07:30		Muay Thai 07:00	8:00
8:15		BJJ No-Gi 07:45		BJJ (Blue) 07:45		BJJ (Blue) 07:45		8:15
8:30							Muay Thai 08:00	8:30
8:45								8:45
9:00	Muay Thai 08:30		Muay Thai 08:30		Muay Thai 08:30		Muay Thai 08:00	9:00
9:15		Open Gym		WarriorFit 08:45		Open Gym		9:15
9:30							BJJ (Blue) 08:45	9:30
9:45								9:45
10:00	Muay Thai 09:30		Muay Thai 09:30		Muay Thai 09:30		Muay Thai 09:00	10:00
10:15		Muay Thai Sparring 09:30		Open Gym		Muay Thai Sparring 09:30		10:15
10:30							BJJ Purple 09:45	10:30
10:45								10:45
11:00	Muay Thai 10:30		Muay Thai 10:30		Muay Thai 10:30		Muay Thai 10:00	11:00
11:15		BJJ (Blue) 10:30		BJJ (Blue) 10:30		BJJ (Blue) 10:30		11:15
11:30							WarriorFit 10:45	11:30
11:45	Muay Thai 11:15		Muay Thai 11:15		Muay Thai 11:15		Boxing (I) 11:00	11:45
12:00		BJJ Purple 11:30		BJJ No-Gi 11:30		BJJ Purple 11:30		12:00
12:15							BJJ Kids 11:45	12:15
12:30	Boxing (I) 12:00		Muay Thai 12:00		Muay Thai 12:00		Muay Thai 12:00	12:30
12:45								12:45
13:00	Muay Thai 12:45		Muay Thai 12:45		Muay Thai 12:45		BJJ Preteen 12:30	13:00
13:15		BJJ (Blue) 12:30		BJJ (Blue) 12:30		BJJ (Blue) 12:30		13:15
13:30							Muay Thai Kids 12:45	13:30
13:45								13:45
14:00	Muay Thai Sparring 13:30		Muay Thai 13:30		Muay Thai 13:30		BJJ (Blue) 13:15	14:00
14:15		WarriorFit 13:30		WarriorFit 13:30		WarriorFit 13:30		14:15
14:30							MT Preteen 13:30	14:30
14:45								14:45
15:00	Open Gym						Muay Thai 14:15	15:00
15:15							Little Samurai 14:15	15:15
15:30								15:30
15:45							BJJ Kids 15:00	15:45
16:00		Little Warrior 15:30					Little Warrior 15:15	16:00
16:15	Boxing (I) 15:45							16:15
16:30							BJJ Preteen 15:45	16:30
16:45		Little Samurai 16:15		Muay Thai Kids 16:15		Little Samurai 16:15		16:45
17:00							BJJ Randori	17:00
17:15	Muay Thai 16:45						Muay Thai Kids 16:00	17:15
17:30		BJJ Kids 17:00		Little Warrior 17:00		BJJ Kids 17:00		17:30
17:45							MT Preteen 16:45	17:45
18:00								18:00
18:15	Muay Thai 17:45		Muay Thai 17:30		Muay Thai 17:30		BJJ KIDS Competitors Program 17:30	18:15
18:30								18:30
18:45							Muay Thai 16:45	18:45
19:00							MT Preteen 16:45	19:00
19:15	Muay Thai 18:45		Muay Thai 18:30		Muay Thai 18:30		BJJ Kids 17:30	19:15
19:30								19:30
19:45							Muay Thai 17:45	19:45
20:00							BJJ (Blue) 18:30	20:00
20:15	Muay Thai 19:45		Muay Thai 19:30		Muay Thai 19:30			20:15
20:30							BJJ (Blue) 18:30	20:30
20:45							Muay Thai 18:45	20:45
21:00							BJJ (Blue) 18:30	21:00
21:15	Muay Thai 20:45		Muay Thai 20:30		Muay Thai 20:30		BJJ (Blue) 18:30	21:15
21:30								21:30
21:45							BJJ (Blue) 18:30	21:45
22:00								22:00
22:15	Boxing (I) 21:45						BJJ (Blue) 18:30	22:15
22:30								22:30
22:45	Open Gym							22:45
23:00								23:00

Legend:

	Muay Thai (Beginner) Muay Thai Level I		Muay Thai (Intermediate) Muay Thai Level II		Muay Thai (Advanced) Muay Thai Level III - V		Boxing (Beginner) Boxing Level I		Boxing (Intermediate) Boxing Level II
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