



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 July 2025

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