



Little Samurai 4 - 6 years old

Little Warrior 4 - 6 years old

BJJ Blue, BJJ Blue No -Gi (Beginner)

BJJ Kids 7 - 9 years old

MT Kids 7 - 9 years old

BJJ (Purple), BJJ (No-Gi) (Intermediate)

BJJ Preteen 10 - 13 years old

MT Preteen 10 - 13 years old

only 3 stripes White Belt and higher are permitted

**EVOLVE CBD
CLASS SCHEDULE**

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