



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 26th Oct 2025

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