



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

BJJ Black, only Purple Belt and higher are permitted

EVOLVE KINEX

CLASS SCHEDULE

Effective 13th October 2025

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

Legend:

Muay Thai (Beginner) Level I

Muay Thai (Intermediate) Level II - V

Boxing (Beginner) Level I

Boxing (Intermediate) Level II

Muay Thai (Advanced) Level III