



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

BJJ Black (Purple belt and higher are permitted)

**EVOLVE ORCHARD CENTRAL**  
**CLASS SCHEDULE**  
Effective 1st August 2026

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