



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) (3 stripes White Belt and higher are permitted)

BJJ Black, (Purple belt and higher are permitted)

EVOLVE BANGKOK CLASS SCHEDULE
Effective 5 Jan 2026

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

Legend

- Muay Thai (Beginner)
- Muay Thai Level I
- Muay Thai (Intermediate)
- Muay Thai Level II - V
- Muay Thai (Advanced)
- Muay Thai Level III - V
- Boxing (Beginner)
- Boxing Level I
- Boxing (Intermediate)