



- Little Samurai 4 - 6 years old
- Little Warrior 4 - 6 years old
- BJJ Blue Mobility (Beginner) - Solo Drills
- BJJ Blue Techniques (Beginner) - Grappling Dummy
- BJJ Kids 7 - 9 years old
- MT Kids 7 - 9 years old
- BJJ Purple/No-Gi Mobility - Solo Drills
- BJJ Purple/No-Gi Techniques - Grappling Dummy
- BJJ Preteen 10 - 13 years old
- MT Preteen 10 - 13 years old

EVOLVE KINEX

CLASS SCHEDULE
Effective 01 June 2022

6:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	6:30
6:45		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	7:00
7:15	BJJ (Blue) 06:45		BJJ (Purple) 06:45		BJJ (Blue) 06:45		BJJ (Blue) 06:45	7:15
7:30						Open Gym		7:30
7:45						BJJ (Blue) 07:00		7:45
8:00	Muay Thai 07:30		Muay Thai Sparring 07:30		Muay Thai 07:30		Boxing (I) 07:30	8:00
8:15	BJJ (Blue) 07:45		BJJ (Blue) 07:45		BJJ (Blue) 07:45			8:15
8:30						BJJ (Purple) 08:00		8:30
8:45						Boxing Sparring 08:15		8:45
9:00	Muay Thai 08:30		Boxing (I) 08:30		Boxing (I) 08:30			9:00
9:15	BJJ (Purple) 08:45		BJJ (Blue) 08:45		BJJ (Blue) 08:45			9:15
9:30						Muay Thai Sparring 08:30		9:30
9:45						Little Samurai 09:00		9:45
10:00	Open Gym					Muay Thai 09:00		10:00
10:15	WarriorFit 09:45					Muay Thai Clinching 09:30		10:15
10:30						BJJ (Blue) 09:45		10:30
10:45	Muay Thai 10:15					Little Warrior 10:00		10:45
11:00	BJJ (Blue) 10:30					BJJ (Blue) 09:45		11:00
11:15						BJJ (Blue) 10:30		11:15
11:30	Muay Thai 11:00					Muay Thai 10:45		11:30
11:45						BJJ- Kids 10:45		11:45
12:00	BJJ (Purple) 11:30					Muay Thai 10:45		12:00
12:15						Muay Thai Kids 11:30		12:15
12:30						BJJ- Preteen 11:30		12:30
12:45	Boxing (I) 12:30					BJJ- Preteen Randori 12:15		12:45
13:00	BJJ (Blue) 12:30					MT- Preteen 12:30		13:00
13:15						BJJ (Blue) 12:30		13:15
13:30	Muay Thai Sparring 13:15					Muay Thai 12:45		13:30
13:45	WarriorFit 13:30					Muay Thai 13:15		13:45
14:00						WarriorFit 13:30		14:00
14:15						Muay Thai 13:45		14:15
14:30	Muay Thai 14:00					Muay Thai 14:00		14:30
14:45						Muay Thai 14:15		14:45
15:00	Open Gym					Open Gym		15:00
15:15						Open Gym		15:15
15:30	Open Gym					Open Gym		15:30
15:45						Open Gym		15:45
16:00						Open Gym		16:00
16:15						Open Gym		16:15
16:30	Boxing (I) 16:00					Open Gym		16:30
16:45	Little Samurai 16:00					Open Gym		16:45
17:00	BJJ- Kids 16:45					Open Gym		17:00
17:15	Muay Thai 17:00					Open Gym		17:15
17:30	BJJ- Preteen 17:30					Open Gym		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					Open Gym		18:30
18:45	BJJ (Blue) 18:15					Open Gym		18:45
19:00						Open Gym		19:00
19:15						Open Gym		19:15
19:30	Muay Thai 19:00					Open Gym		19:30
19:45	BJJ (Blue) 19:15					Open Gym		19:45
20:00						Open Gym		20:00
20:15						Open Gym		20:15
20:30	Muay Thai 20:00					Open Gym		20:30
20:45	BJJ (Purple) 20:15					Open Gym		20:45
21:00						Open Gym		21:00
21:15						Open Gym		21:15
21:30	Muay Thai 21:00					Open Gym		21:30
21:45	BJJ (Blue) 21:15					Open Gym		21:45
22:00						Open Gym		22:00
22:15	Boxing (I) 22:00					Open Gym		22:15
22:30	Open Gym					Open Gym		
22:45						Open Gym		
23:00	Open Gym					Open Gym		

Legend: