



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), BJJ (No-Gi)
BJJ Preteen 10 - 13 years old
MT Preteen 10 - 13 years old

EVOLVE STAR VISTA
CLASS SCHEDULE
Effective 1 Oct, 2022

only 3 stripes White Belt and higher are permitted

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

Legend:

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