



- 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 (Blue) 06:45		BJJ (Blue) 06:45		7:15
7:30						Open Gym	BJJ (Blue) 07:00	7:30
7:45							Open Gym	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		Muay Thai 07:30		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							Little Samurai 09:00	9:30
9:45							Muay Thai 09:00	9:45
10:00	Open Gym	WarriorFit 09:45		Open Gym		Open Gym		10:00
10:15								10:15
10:30								10:30
10:45	Muay Thai 10:15							10:45
11:00		BJJ (Blue) 10:30		BJJ (Blue) 10:30		BJJ (Blue) 10:30		11:00
11:15							BJJ- Kids 10:45	11:15
11:30	Muay Thai 11:00							11:30
11:45								11:45
12:00	Muay Thai 11:45							12:00
12:15								12:15
12:30								12:30
12:45								12:45
13:00	Boxing (I) 12:30							13:00
13:15		BJJ (Blue) 12:30		BJJ (Blue) 12:30		BJJ (Blue) 12:30		13:15
13:30								13:30
13:45	Muay Thai Sparring 13:15							13:45
14:00		WarriorFit 13:30		WarriorFit 13:30		WarriorFit 13:30		14:00
14:15								14:15
14:30	Muay Thai 14:00							14:30
14:45								14:45
15:00								15:00
15:15								15:15
15:30	Open Gym							15:30
15:45								15:45
16:00								16:00
16:15								16:15
16:30	Boxing (I) 16:00	Little Samurai 16:00		Boxing (I) 16:00		Little Samurai 16:00		16:30
16:45								16:45
17:00								17:00
17:15								17:15
17:30	Muay Thai 17:00							17:30
17:45								17:45
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18:15								18:15
18:30	Muay Thai 18:00							18:30
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19:30	Muay Thai 19:00							19:30
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20:30	Muay Thai 20:00							20:30
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21:15								21:15
21:30	Muay Thai 21:00							21:30
21:45								21:45
22:00								22:00
22:15								22:15
22:30	Boxing (I) 22:00							22:30
22:45								22:45
23:00	Open Gym							23:00

Legend: