

**EVOLUTION MMA CLASS SCHEDULE, EFFECTIVE MONDAY, FEBRUARY 20, 2017**

| MONDAY                                  | TUESDAY                               | WEDNESDAY                               | THURSDAY                                 | FRIDAY                                 | SATURDAY                              | SUNDAY                                   |  |
|---|---------------------------------------|---|--|--|---------------------------------------|--|--|
| 12:00 – 1:00PM<br>MUAY THAI ALL LEVELS  | 12:00 – 1:00PM<br>BJJ GI              | 12:00 – 1:00PM<br>MUAY THAI ALL LEVELS  | 12:00 – 1:00PM<br>BJJ GI                 | 12:00 – 1:00PM<br>MUAY THAI ALL LEVELS |                                       | GYM CLOSED SUNDAYS                       |  |
| 1:00 – 2:00PM<br>BJJ NO-GI              | 1:00 – 2:00PM<br>MUAY THAI ALL LEVELS | 1:00 – 2:00PM<br>BJJ NO-GI              | 1:00 – 2:00PM<br>MUAY THAI ALL LEVELS    | 1:00-2:00PM<br>BJJ NO-GI               | 1:00 – 2:00PM<br>BJJ GI               |  |  |
| 1:00 – 2:00PM<br>MUAY THAI SPEED DRILLS |                                       |   |  | 1:00 – 2:00PM<br>MUAY THAI SPARRING    |                                       |  |  |
| 2:00- 4:00PM<br>GYM CLOSED FOR LUNCH    | 2:00- 4:00PM<br>GYM CLOSED FOR LUNCH  | 2:00- 4:00PM<br>GYM CLOSED FOR LUNCH    | 2:00 - 4:00PM<br>GYM CLOSED FOR LUNCH    | 2:00-4:00PM<br>GYM CLOSED FOR LUNCH    | 2:00 – 3:00PM<br>COMBAT CONDITIONING  |  |  |
|   |                                       |   |  |  | 3:00 – 4:00PM<br>MUAY THAI ALL LEVELS |  |  |
|   |                                       |   |  |  | 4:00 – 4:30PM<br>MUAY THAI SPARRING   |  |  |
| 4:30 – 5:30PM<br>OPEN GYM/OPEN MAT      | 4:30 – 5:30PM<br>OPEN GYM/OPEN MAT    | 4:30 – 5:30PM<br>OPEN GYM/OPEN MAT      | 4:30 – 5:30PM<br>OPEN GYM/OPEN MAT       | 4:30 – 5:30PM<br>OPEN GYM/OPEN MAT     |                                       |  |  |
| 5:30 – 6:30PM<br>MUAY THAI ALL LEVELS   | 5:30 – 6:30PM<br>MUAY THAI ALL LEVELS | 5:30 – 6:30PM<br>MUAY THAI ALL LEVELS   | 5:30 – 6:30PM<br>MUAY THAI ALL LEVELS    | 5:30 – 6:30PM<br>MUAY THAI ALL LEVELS  |                                       |  |  |
| 5:30 – 6:30PM<br>BJJ NO-GI              | 5:30 – 6:30PM<br>BJJ NO-GI            | 5:30 – 6:30PM<br>BJJ NO-GI              | 5:30 – 6:30PM<br>BJJ NO-GI               | 5:30 – 6:30PM<br>BJJ NO-GI             |                                       |  | CLASS ATTENDANCE REQUIREMENTS          |
| 6:30 – 7:30PM<br>MUAY THAI ALL LEVELS   | 6:30 – 7:30PM<br>MUAY THAI ALL LEVELS | 6:30 – 7:30PM<br>MUAY THAI ALL LEVELS   | 6:30 – 7:30PM<br>MUAY THAI ALL LEVELS    | 6:30 – 7:30PM<br>MUAY THAI ALL LEVELS  |                                       |  | ALL LEVELS MUAY THAI BEGINNERS WELCOME |
| 6:30 – 7:30PM<br>MUAY THAI SPARRING     | 6:30 – 7:30PM<br>MUAY THAI CLINCH     | 6:30 – 7:30PM<br>MUAY THAI ADV. DRILLS  | 6:30-7:30PM<br>MUAY THAI CLINCH          | 6:30-7:30PM<br>MUAY THAI CLINCH        |                                       | NOVICE MUAY THAI 50+ VISITS              |  |
| 7:30 – 8:30PM<br>MUAY THAI ADV. PADS    | 7:30 – 8:30PM<br>MUAY THAI ADV. PADS  | 7:30 – 8:30PM<br>MUAY THAI SPEED DRILLS | 7:30 – 8:30PM<br>MUAY THAI ADV. SPARRING | 7:30 – 8:30PM<br>MUAY THAI CLINCH      |                                       | INTERMEDIATE MUAY THAI 100+ VISITS       |  |
| 7:30 – 8:30PM<br>WRESTLING              | 7:30 – 8:30PM<br>BJJ GI               | 7:30 – 8:30PM<br>WRESTLING              | 7:30 -8:30PM<br>BJJ GI                   | 7:30 – 8:30PM<br>JUDO GI               |                                       | ADVANCED MUAY THAI 200+ VISITS           |  |
| 8:30 – 9:30PM<br>OPEN MAT               | 8:30 – 9:30PM<br>OPEN MAT             | 8:30 – 9:30PM<br>OPEN MAT               | 8:30 – 9:30PM<br>OPEN MAT                |  |                                       | BJJ, WRESTLING & JUDO ALL LEVELS WELCOME |  |
| 8:30 – 9:30PM<br>MUAY THAI ALL LEVELS   | 8:30 – 9:30PM<br>MUAY THAI SPARRING   | 8:30 – 9:30PM<br>MUAY THAI ALL LEVELS   | 8:30 – 9:30PM<br>MUAY THAI ALL LEVELS    |  |                                       | OPEN MAT ALL LEVELS WELCOME              |  |