

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

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