

EVOLUTION MUAY THAI CLASS SCHEDULE, EFFECTIVE MONDAY (8.29.2019)

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		<p>GYM CLOSED ON SUNDAYS</p> <p>CLASS ATTENDANCE REQUIREMENTS</p> <p>ALL LEVELS MUAY THAI BEGINNERS WELCOME</p> <p>NOVICE MUAY THAI 50+ VISITS</p> <p>INTERMEDIATE MUAY THAI 100+ VISITS</p> <p>ADVANCED MUAY THAI 200+ VISITS</p> <p>BJJ, WRESTLING & JUDO ALL LEVELS WELCOME</p> <p>BJJ TEAM TRAINING BY INVITATION ONLY</p> <p>HIGH INTENSITY CONDITIONING</p> <p>MIXED MARTIAL ARTS BY INVITATION ONLY</p> <p>OPEN MAT ALL LEVELS WELCOME</p>
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- 5:00PM GYM CLOSED FOR LUNCH	2:00- 5:00PM GYM CLOSED FOR LUNCH	2:00-5:00PM GYM CLOSED FOR LUNCH	2:00 - 5:00PM GYM CLOSED FOR LUNCH	2:00-5:00PM GYM CLOSED FOR LUNCH	2:00 – 3:00PM BJJ TEAM TRAINING	
					3:00 – 4:00PM MUAY THAI ALL LEVELS	
					4:00 – 4:30PM MUAY THAI SPARRING	
5:00 – 5:30PM OPEN MAT	5:00 – 5:30PM OPEN MAT	5:00 – 5:30PM OPEN MAT	5:00 – 5:30PM OPEN MAT	5:00 – 5:30PM 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		
5:30 – 6:30PM BJJ NO-GI	5:30 – 6:30PM BJJ GI	5:30 – 6:30PM BJJ NO-GI	5:30 – 6:30PM BJJ GI	5:30 – 6:30PM BJJ NO-GI		
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		
6:30 – 7:30PM MUAY THAI SPARRING	6:30 – 7:30PM MUAY THAI CLINCH	6:30 – 7:30PM MUAY THAI SPEED DRILLS	6:30 – 7:30PM MUAY THAI ADV. CLINCH	6:30-7:30PM MUAY THAI SPEED DRILLS		
7:30 – 8:30PM MUAY THAI SPEED DRILLS	7:30 – 8:30PM MUAY THAI ADV. SPARRING	7:30 – 8:30PM MUAY THAI ADV. SKILLS	7:30 – 8:30PM MUAY THAI ADV. SPARRING	7:30 – 8:30PM MUAY THAI CLINCH		
7:30 – 8:30PM WRESTLING	7:30 – 8:30PM BJJ GI	7:30 – 8:30PM MMA		7:30 – 8:30PM MMA		
8:30 – 9:30PM OPEN MAT	8:30 – 9:30PM OPEN MAT	8:30 – 9:30PM OPEN MAT	8:30 – 9:30PM OPEN MAT			
8:30 – 9:30PM H.I.C. (UPPER BODY)	8:30 – 9:30PM H.I.C. (FULL BODY)	8:30 – 9:30PM H.I.C. (CORE)	8:30 – 9:30PM H.I.C. (LOWER BODY)			