

EVOLUTION MUAY THAI CLASS SCHEDULE, EFFECTIVE MONDAY, 11/11/2019.

| 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 | | GYM CLOSED ON 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- 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 MUAY THAI ALL LEVELS | | |
| | | | | | 3:00 – 3:30PM 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 | | | CLASS ATTENDANCE REQUIREMENTS |
| | | | | | | | ALL LEVELS MUAY THAI BEGINNERS WELCOME |
| 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 | | | NOVICE MUAY THAI 50+ VISITS |
| 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 | | | INTERMEDIATE MUAY THAI 100+ VISITS |
| 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 | | ADVANCED MUAY THAI 200+ VISITS | |
| 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 | | BJJ, WRESTLING & JUDO ALL LEVELS WELCOME | |
| 7:30 – 8:30PM MUAY THAI SPEED DRILLS | 7:30 – 8:30PM MUAY THAI ADV. SPARRING | 7:30 – 8:30PM MUAY THAI ALL-LEVELS | 7:30 – 8:30PM MUAY THAI ADV. SPARRING | 7:30 – 8:30PM MUAY THAI CLINCH | | MIXED MARTIAL ARTS BY INVITATION ONLY | |
| 7:30 – 8:30PM WRESTLING | 7:30 – 8:30PM BJJ GI | 7:30 – 8:30PM MMA | | 7:30 – 8:30PM MMA | | OPEN MAT ALL LEVELS WELCOME | |