

# EVOLUTION MUAY THAI TRAINING SCHEDULE, EFFECTIVE SATURDAY APRIL 10<sup>th</sup> 2021

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY                                   | SUNDAY   |
|--|--|--|--|--|--|--|
| 12:00 – 1:00PM<br>MUAY THAI<br>ALL LEVELS            | 12:00 – 1:00PM<br>MUAY THAI<br>ALL LEVELS            | 12:00 – 1:00PM<br>MUAY THAI<br>ALL LEVELS            | 12:00 – 1:00PM<br>MUAY THAI<br>ALL LEVELS            | 12:00 – 1:00PM<br>MUAY THAI<br>ALL LEVELS            | 12:30 – 1:30PM<br>MUAY THAI<br>ALL LEVELS  | <b>CLOSED<br/>ON<br/>SUNDAYS</b>                       |
| 1:00 – 2:00PM<br>MUAY THAI<br>ALL LEVELS             | 1:00 – 2:00PM<br>MUAY THAI<br>ALL LEVELS             | 1:00 – 2:00PM<br>MUAY THAI<br>SPEED DRILLS           | 1:00 – 2:00PM<br>MUAY THAI<br>ALL LEVELS             | 1:00 – 2:00PM<br>MUAY THAI<br>ALL LEVELS             | 1:30 – 2:30PM<br>MUAY THAI<br>ALL LEVELS   |  |
| 2:00-5:00PM<br>GYM CLOSED                            | 2:00-5:00PM<br>GYM CLOSED                            | 2:00-5:00PM<br>GYM CLOSED                            | 2:00-5:00PM<br>GYM CLOSED                            | 2:00-5:00PM<br>GYM CLOSED                            | 2:30 – 3:30PM<br>MUAY THAI<br>SPEED DRILLS | ALL LEVELS<br>MUAY THAI<br>(BEGINNERS WELCOME)         |
|  |  |  |  |  | NOVICE<br>MUAY THAI<br>50+ VISITS          |  |
|  |  |  |  |  | INTERMEDIATE<br>MUAY THAI<br>100+ VISITS   |  |
| 4:30PM – 5:30PM<br>FIGHT TEAM<br>*** INVITE ONLY *** | 4:30PM – 5:30PM<br>FIGHT TEAM<br>*** INVITE ONLY *** | 4:30PM – 5:30PM<br>FIGHT TEAM<br>*** INVITE ONLY *** | 4:30PM – 5:30PM<br>FIGHT TEAM<br>*** INVITE ONLY *** | 4:30PM – 5:30PM<br>FIGHT TEAM<br>*** INVITE ONLY *** | ADVANCED<br>MUAY THAI<br>200+ VISITS       | 4:30PM – 5:30PM<br>FIGHT TEAM<br>**** INVITE ONLY **** |
| DOORS OPEN FOR<br>MEMBERS AT<br>5:00PM               | DOORS OPEN FOR<br>MEMBERS AT<br>5:00PM               | DOORS OPEN FOR<br>MEMBERS AT<br>5:00PM               | DOORS OPEN FOR<br>MEMBERS AT<br>5:00PM               | DOORS OPEN FOR<br>MEMBERS AT<br>5:00PM               |  |  |
| 5:30 – 6:30PM<br>MUAY THAI<br>ALL LEVELS             | 5:30 – 6:30PM<br>MUAY THAI<br>ALL LEVELS             | 5:30 – 6:30PM<br>MUAY THAI<br>ALL LEVELS             | 5:30 – 6:30PM<br>MUAY THAI<br>ALL LEVELS             | 5:30 – 6:30PM<br>MUAY THAI<br>ALL LEVELS             |  |  |
| 6:30 – 7:30PM<br>MUAY THAI<br>ALL LEVELS             | 6:30 – 7:30PM<br>MUAY THAI<br>ALL LEVELS             | 6:30 – 7:30PM<br>MUAY THAI<br>ALL LEVELS             | 6:30 – 7:30PM<br>MUAY THAI<br>ALL LEVELS             | 6:30 – 7:30PM<br>MUAY THAI<br>ALL LEVELS             |  |  |
| 7:30 – 8:30PM<br>MUAY THAI<br>ALL LEVELS             | 7:30 – 8:30PM<br>MUAY THAI<br>ALL LEVELS             | 7:30 – 8:30PM<br>MUAY THAI<br>ALL LEVELS             | 7:30 – 8:30PM<br>MUAY THAI<br>ALL LEVELS             | 7:30 – 8:20PM<br>MUAY THAI<br>SPEED DRILLS           |  |  |