

EVOLUTION MUAY THAI TRAINING SCHEDULE: EFFECTIVE MONDAY, APRIL 25th, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 – 1:00PM MUAY THAI ALL LEVELS	12:00 – 1:00PM MUAY THAI ALL LEVELS	12:00 – 1:00PM MUAY THAI ALL LEVELS	12:00 – 1:00PM MUAY THAI ALL LEVELS	12:00 – 1:00PM MUAY THAI ALL LEVELS	12:30 – 1:30PM MUAY THAI ALL LEVELS	CLOSED ON SUNDAYS
	1:00 – 2:00PM BJJ – GI (Downstairs)	1:00 – 2:00PM WRESTLING (Downstairs)	1:00 – 2:00PM BJJ – NO GI (Downstairs)		1:30 – 2:30PM BJJ – NO GI (Downstairs)	MUAY THAI CLASS ATTENDANCE REQUIREMENTS
1:00 – 2:00PM MUAY THAI SPEED DRILLS	1:00 – 2:00PM MUAY THAI ALL LEVELS	1:00 – 2:00PM MUAY THAI ALL LEVELS	1:00 – 2:00PM MUAY THAI CLINCH	1:00 – 2:00PM MUAY THAI SPARRING	1:30 – 2:30PM MUAY THAI ALL LEVELS	
2:00 - 5:00PM GYM CLOSED	2:00 - 5:00PM GYM CLOSED	2:00 - 5:00PM GYM CLOSED	2:00 - 5:00PM GYM CLOSED	2:00 - 5:00PM GYM CLOSED	2:30 – 3:30PM MUAY THAI CLINCH	
4:30PM – 5:30PM FIGHT TEAM ** INVITE ONLY **	4:30PM – 5:30PM FIGHT TEAM ** INVITE ONLY **	4:30PM – 5:30PM FIGHT TEAM ** INVITE ONLY **	4:30PM – 5:30PM FIGHT TEAM ** INVITE ONLY **	4:30PM – 5:30PM FIGHT TEAM ** INVITE ONLY **		
DOORS OPEN FOR MEMBERS AT 5:00PM	DOORS OPEN FOR MEMBERS AT 5:00PM	DOORS OPEN FOR MEMBERS AT 5:00PM	DOORS OPEN FOR MEMBERS AT 5:00PM	DOORS OPEN FOR MEMBERS AT 5:00PM		NOVICE MUAY THAI 50+ VISITS
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		INTERMEDIATE MUAY THAI 100+ VISITS
5:30 – 6:30PM BJJ – GI (Downstairs)		5:30 – 6:30PM BJJ – NO GI (Downstairs)		5:30 – 6:30PM BJJ – GI (Downstairs)		ADVANCED MUAY THAI 200+ 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		4:30PM – 5:30PM FIGHT TEAM ** INVITE ONLY **
7:30 – 8:30PM MUAY THAI ALL LEVELS	7:30 – 8:30PM MUAY THAI CLINCH	7:30 – 8:30PM MUAY THAI ALL LEVELS	7:30 – 8:30PM MUAY THAI SPARRING	7:30 – 8:30PM MUAY THAI SPEED DRILLS		