

EVOLUTION MUAY THAI TRAINING SCHEDULE: EFFECTIVE MONDAY, FEBRUARY 6th, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	CLOSED 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	ATTENDANCE REQUIREMENTS
						ALL LEVELS BEGINNERS WELCOME!!
	1:00 – 2:00PM JIU-JITSU GI	1:00 – 2:00PM JIU-JITSU NO-GI	1:00 – 2:00PM JIU-JITSU NO-GI		1:30 – 2:30PM JIU-JITSU NO-GI	NOVICE MUAY THAI 50+ VISITS
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	INTERMEDIATE MUAY THAI 100+ VISITS
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	ADVANCED MUAY THAI 200+ VISITS
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 **		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		
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 JIU-JITSU GI	5:30 – 6:30PM JIU-JITSU GI	5:30 – 6:30PM JIU-JITSU NO-GI	5:30 – 6:30PM JIU-JITSU NO-GI	5:30 – 6:30PM JIU-JITSU 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 INTRO TO SPARRING			
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		

Gym Closures – 2023:
 New Year's Eve 12/31/22
 MLK Day 1/16
 Presidents' Day 2/20
 Memorial Day 5/26-5/29
 Independence Day 7/4
 Labor Day 9/1-9/4
 Halloween 10/31
 Thanksgiving 11/23-11/25
 Christmas 12/25-12/26
 New Year's Day 1/1/23