

Evolution Muay Thai Training Schedule, January 15th, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Descriptions & Eligibility
12 - 1 PM: MUAY THAI PADS	12 - 1 PM: MUAY THAI PADS	12 - 1 PM: MUAY THAI PADS	12 - 1 PM: MUAY THAI PADS	12 - 1 PM: MUAY THAI PADS	12:30 - 1:30 PM: MUAY THAI PADS	MUAY THAI PADS Level 1
12 - 1 PM: OPEN MAT	12 - 1 PM: OPEN MAT	12 - 1 PM: OPEN MAT	12 - 1 PM: OPEN MAT	12 - 1 PM: OPEN MAT	12:30 - 1:30 PM: INTRO TO JIU JITSU	MUAY THAI BOXING Level 1
1 - 2 PM: MUAY THAI DRILLS	1 - 2 PM: MUAY THAI PADS	1 - 2 PM: MUAY THAI BOXING	1 - 2 PM: MUAY THAI CLINCH	1 - 2 PM: MT SPARRING	1:30 - 2:30 PM: MUAY THAI PADS	MUAY THAI CLINCH Level 2 (10+ Pads)
1 - 2 PM: JIUJITSU - GI	1 - 2 PM: JIUJITSU - GI	1 - 2 PM: JIUJITSU - NO GI	1 - 2 PM: JIUJITSU - NO GI	1 - 2 PM: JIUJITSU - GI	1:30 - 2:30 PM: JIUJITSU - NO GI	MUAY THAI DRILLS Level 3 (5 + Clinch)
2-5pm Gym Closed					2:30 - 3:30 PM: OPEN MAT	MT SPARRING Level 4 (5+ Drills)
					2:30 - 3:30 PM: MUAY THAI CLINCH	MT ADVANCED Level 5 (5+Sparring)
4 - 5:30 PM: TEAM TRAINING	4 - 5:30 PM: TEAM TRAINING	4 - 5:30 PM: TEAM TRAINING	4 - 5:30 PM: TEAM TRAINING	4 - 5:30 PM: TEAM TRAINING	4 - 5:30 PM: TEAM TRAINING	TEAM TRAINING Invitation only
5:30 - 6:30 PM: MUAY THAI PADS	5:30 - 6:30 PM: MUAY THAI PADS	5:30 - 6:30 PM: MUAY THAI PADS	5:30 - 6:30 PM: MUAY THAI PADS	5:30 - 6:30 PM: MUAY THAI PADS	3:30pm Gym Closed	INTRO TO JIUJITSU Beginners
5:30 - 6:30 PM: JIUJITSU - GI	5:30 - 6:30 PM: JIUJITSU - GI	5:30 - 6:30 PM: INTRO TO JIU JITSU	5:30 - 6:30 PM: JIUJITSU - NO GI	5:30 - 6:30 PM: JIUJITSU - GI		JIUJITSU All Levels
6:30 - 7:30 PM: MUAY THAI PADS	6:30 - 7:30 PM: MUAY THAI PADS	6:30 - 7:30 PM: MUAY THAI PADS	6:30 - 7:30 PM: MUAY THAI PADS	6:30 - 7:30 PM: MUAY THAI PADS		OPEN MAT No Sessions
6:30 - 7:30 PM: ADVANCED - GI	6:30 - 7:30 PM: MUAY THAI BOXING	6:30 - 7:30 PM: JIUJITSU - NO GI	6:30 - 7:30 PM: MUAY THAI DRILLS	6:30 - 7:30 PM: MUAY THAI CLINCH		Training Area
7:30 - 8:30 PM: MUAY THAI PADS	7:30 - 8:30 PM: OPEN MAT	7:30 - 8:30 PM: MUAY THAI PADS	7:30 - 8:30 PM: OPEN MAT	7:30 - 8:30 PM: OPEN MAT		STUDIO A (UPSTAIRS)
7:30 - 8:30 PM: MT SPARRING	7:30 - 8:30 PM: MUAY THAI CLINCH	7:30 - 8:30 PM: OPEN MAT	7:30 - 8:30 PM: MT SPARRING	7:30 - 8:30 PM: MUAY THAI DRILLS		STUDIO B (DOWNSTAIRS)