

Evolution Muay Thai Training Schedule as of March 11, 2024.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Descriptions And Eligibility
7 - 8 AM: MUAY THAI PADS	7 - 8 AM: MUAY THAI PADS	7 - 8 AM: MUAY THAI PADS	7 - 8 AM: MUAY THAI PADS	7 - 8 AM: MUAY THAI PADS		MUAY THAI PADS Level 1
						BOXING Level 1
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 CLINCH Level 2 (10+ Pads)
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: JIU JITSU NO-GI	MUAY THAI DRILLS Level 3 (5 + Clinch)
1 - 2 PM: MUAY THAI DRILLS	1 - 2 PM: MUAY THAI PADS	1 - 2 PM: BOXING	1 - 2 PM: MUAY THAI CLINCH	1 - 2 PM: MT SPARRING	1:30 - 2:30 PM: MUAY THAI PADS	MT SPARRING Level 4 (5+ Drills)
1 - 2 PM: JIU JITSU GI	1 - 2 PM: JIU JITSU GI	1 - 2 PM: JIU JITSU NO-GI	1 - 2 PM: JIU JITSU NO-GI	1 - 2 PM: JIU JITSU GI	1:30 - 2:30 PM: JIU JITSU BLUE & UP	MT ADVANCED Level 5 (5+Sparring)
2 - 5 PM:	GYM CLOSED				2:30 - 3:30 PM: OPEN MAT	TEAM TRAINING Invitation only
					2:30 - 3:30 PM: MUAY THAI CLINCH	INTRO TO JIU JITSU Beginners
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	JIU JITSU GI All Levels
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		JIU JITSU NO-GI All Levels
5:30 - 6:30 PM: JIU JITSU GI	5:30 - 6:30 PM: JIU JITSU GI	5:30 - 6:30 PM: INTRO TO JIU JITSU	5:30 - 6:30 PM: JIU JITSU NO-GI	5:30 - 6:30 PM: JIU JITSU GI		JIU JITSU BLUE & UP Advanced
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 All levels
6:30 - 7:30 PM: MT ADVANCED	6:30 - 7:30 PM: BOXING	6:30 - 7:30 PM: JIU JITSU 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)