

Evolution Muay Thai Training Schedule as of July 28, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Descriptions And Eligibility
7-8 AM: MT PADS	7-8 AM: MT PADS	7-8 AM: MT PADS	7-8 AM: MT PADS	7-8 AM: MT PADS		MT PADS Level 1
						MT BOXING Level 1
12 - 1 PM: MT PADS	12 - 1 PM: MT PADS	12 - 1 PM: MT PADS	12 - 1 PM: MT PADS	12 - 1 PM: MT PADS	12:30 - 1:30 PM: MT PADS	MT 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	MT DRILLS Level 3 (5 + Clinch)
1 - 2 PM: MT DRILLS	1 - 2 PM: MT SPARRING	1 - 2 PM: MT BOXING	1 - 2 PM: MT CLINCH	1 - 2 PM: MT SPARRING	1:30 - 2:30 PM: MT PADS	MT DRILLS & SPAR Level 4 (5+ Drills)
1 - 2 PM: JIU-JITSU - ALL LVLS	1 - 2 PM: JIU-JITSU - ALL LVLS	1 - 2 PM: JIU-JITSU - ALL LVLS	1 - 2 PM: JIU-JITSU - ALL LVLS	1 - 2 PM: JIU-JITSU - ALL LVLS	1:30 - 2:30 PM: MT CLINCH	MT SPARRING Level 4 (5+ Drills/Spar)
2:30pm to 5:00pm - Gym Closed					2:30 - 3:30 PM: OPEN MAT	MT ADV. DRILLS Level 5. See Coach
					2:30 - 3:30 PM: MT SPARRING	MT COMP SPAR Level 5. See Coach
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: MT PADS	5:30 - 6:30 PM: MT PADS	5:30 - 6:30 PM: MT PADS	5:30 - 6:30 PM: MT PADS	5:30 - 6:30 PM: MT PADS	4 PM Gym Closed	JIU-JITSU - GI Must wear Gi
5:30 - 6:30 PM: JIU-JITSU - GI	5:30 - 6:30 PM: JIU-JITSU - GI	5:30 - 6:30 PM: JIU-JITSU - NO GI	5:30 - 6:30 PM: JIU-JITSU - NO GI	5:30 - 6:30 PM: OPEN MAT		JIU-JITSU - NOGI Shorts & Rashguard
6:30 - 7:30 PM: MT PADS	6:30 - 7:30 PM: MT PADS	6:30 - 7:30 PM: MT PADS	6:30 - 7:30 PM: MT PADS	6:30 - 7:30 PM: MT PADS		JIU-JITSU - ALL LVLS Optional GI / NO-GI
6:30 - 7:30 PM: MT ADV. DRILLS	6:30 - 7:30 PM: BOXING	6:30 - 7:30 PM: MT CLINCH	6:30 - 7:30 PM: MT DRILLS	6:30 - 7:30 PM: MT CLINCH		Training Area
7:30 - 8:30 PM: MT PADS	7:30 - 8:30 PM: OPEN MAT	7:30 - 8:30 PM: MT PADS	7:30 - 8:30 PM: OPEN MAT	7:30 - 8:30 PM: OPEN MAT		STUDIO A (UPSTAIRS)
7:30 - 8:30 PM: MT DRILLS & SPAR	7:30 - 8:30 PM: MT CLINCH	7:30 - 8:30 PM: MT SPARRING	7:30 - 8:30 PM: MT COMP SPARRING	7:30 - 8:30 PM: MT DRILLS		STUDIO B (DOWNSTAIRS)