

Evolution Muay Thai Training Schedule as of April 20th, 2026

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 GI	MT DRILLS Level 3 (10+ Clinch)
1 - 2 PM: MT PADS	1 - 2 PM: MT PADS	1 - 2 PM: MT BOXING	1 - 2 PM: MT CLINCH	1 - 2 PM MT SPARRING	1:30 - 2:30 PM: MT PADS	MT DRILL/SPAR. Level 4 (5+ DRILLS)
1 - 2 PM: JIU-JITSU NO-GI	1 - 2 PM: JIU-JITSU GI	1 - 2 PM: JIU-JITSU NO-GI	1 - 2 PM: JIU-JITSU GI	1 - 2 PM: JIU-JITSU NO-GI	1:30 - 2:30 PM: MT CLINCH	MT SPARRING Level 5 (5+ Drills)
2:30 PM - 5:00 PM: Gym Closed					2:30 - 3:30 PM: OPEN MAT	MT COMP. SPAR. Level 6. Ask Coach
					2:30 - 3:30 PM: MT SPARRING	MT ADV. DRILLS Level 6. Ask 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	4:00 PM Gym Closed	
5:30 - 6:30 PM: JIU-JITSU NO 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 GI	5:30 - 6:30 PM: JIU-JITSU NO-GI		JIU-JITSU GI Must wear Gi
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 NO-GI Shorts & Rashguard
6:30 - 7:30 PM: MT ADV. DRILLS	6:30 - 7:30 PM: BOXING	6:30 - 7:30 PM: LADIES NO-GI	6:30 - 7:30 PM: MT CLINCH	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 DRILL/SPAR.	7:30 - 8:30 PM: MT CLINCH	7:30 - 8:30 PM: MT DRILLS	7:30 - 8:30 PM: MT COMP. SPAR.	7:30 - 8:30 PM: MT DRILLS		STUDIO B (DOWNSTAIRS)