

Evolution Muay Thai Sessions by Instructor, August 31st, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Descriptions And Eligibility
7AM: PADS CARY	7AM: PADS JEREMY	7AM: PADS CARY	7AM: PADS JEREMY	7AM: PADS CARY		MT PADS Level 1
9:00 AM – 11:45 AM: Gym Closed						MT BOXING Level 1
12PM: PADS JEREMY	12PM: PADS BRANDON	12PM: PADS BRANDON	12PM: PADS BRANDON	12PM: PADS BRANDON	12:30PM: PADS FRANTZ	MT CLINCH Level 2 (10+ Pads)
12PM: OPEN MAT	12PM: OPEN MAT	12PM: OPEN MAT	12PM: OPEN MAT	12PM: OPEN MAT	12:30PM: JIU-JITSU GI HUNTER	MT DRILLS Level 3 (10 + Clinch)
1PM: PADS JEREMY	1PM: PADS FRANTZ	1PM: CLINCH FRANTZ	1PM: DRILLS FRANTZ	1PM: SPARRING FRANTZ	1:30PM: PADS BRANDON	MT SPARRING/DRILLS Level 4 (5+ DRILLS)
1PM: JIU-JITSU NOGI HUNTER	1PM: JIU-JITSU GI HUNTER	1PM: JIU-JITSU NOGI HUNTER	1PM: JIU-JITSU GI HUNTER	1PM: JIU-JITSU GI HUNTER	1:30PM: CLINCH FRANTZ	MT SPARRING Level 5
2:30-5 PM: Gym Closed					2:30PM: OPEN MAT	MT COMP. SPARRING Level 6. See Coach
					2:30PM: SPARRING BRANDON	MT ADV. DRILLS Level 6.
3:45 -5:30 PM: TEAM TRAINING	3:45 - 5:30 PM: TEAM TRAINING	3:45 - 5:30 PM: TEAM TRAINING	3:45 - 5:30 PM: TEAM TRAINING	3:45 - 5:30 PM: TEAM TRAINING	4 - 5:00 PM: TEAM TRAINING	TEAM TRAINING Invitation only
5:30PM: PADS FRANTZ	5:30PM: PADS BRANDON	5:30PM: PADS FRANTZ	5:30PM: PADS JOE	5:30PM: PADS JHON	4 PM Gym Closed	JIU-JITSU GI Must wear Gi
5:30PM: JIU-JITSU NOGI HUNTER	5:30PM: JIU-JITSU GI HUNTER	5:30PM: JIU-JITSU NOGI HUNTER	5:30PM: JIU-JITSU GI HUNTER	5:30PM: JIU-JITSU GI HUNTER		JIU-JITSU NoGi Shorts & Rash guard
6:30PM: PADS BRIAN	6:30PM: PADS TEDDY	6:30PM: PADS BRANDON	6:30PM: PADS FRANTZ	6:30PM: PADS FRANTZ		LADIES JIU-JITSU NoGi Must have a vagina.
6:30PM: CLINCH BRANDON	6:30PM: BOXING BRANDON	6:30PM: JIU JITSU LADIES NO-GI DYLAN	6:30PM: CLINCH BRANDON	6:30PM: CLINCH BRIAN K		Training Area
7:30PM: PADS BRANDON	7:30PM: OPEN MAT	7:30PM: PADS KENDRECK	7:30PM: OPEN MAT	7:30PM: OPEN MAT		STUDIO A (UPSTAIRS)
7:30PM: ADV. DRILLS BRIAN	7:30PM: CLINCH BRANDON	7:30PM: SPARRING BRANDON	7:30PM: COMP.SPAR. BRANDON	7:30PM: DRILLS FRANTZ		STUDIO B (DOWNSTAIRS)