EVOLVE
MIXED MARTIAL ARTS

EVOLVE BARRA DA TIJUCA

CLASS SCHEDULE
Effective December 1 2009

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30														
6:45														
7:00														
7:15	Boxing				Boxing				Boxing					
7:30														
7:45														
8:00														
8:15	BJJ (Purple)		BJJ (Purple)		BJJ (Purple)		BJJ (Purple)		BJJ (Purple)					
8:30														
8:45														
9:00														
9:15	Open Gym		Muay Thai		Open Gym		Muay Thai		Open Gym					
9:30														
9:45														
10:00														
10:15	MMA Fighters		MMA Fighters		MMA Fighters		MMA Fighters		MMA Fighters		BJJ	Boxing		
10:30														
10:45														
11:00														
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14:30														
14:45														
15:00														
15:15	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym					
15:30														
15:45														
16:00														
16:15														
16:30														
16:45														
17:00														
17:15														
17:30														
17:45														
18:00														
18:15														
18:30														
18:45	BJJ (Purple)		BJJ (Purple)		BJJ (Purple)		BJJ (Purple)		BJJ (Purple)					
19:00														
19:15														
19:30														
19:45														
20:00														
20:15	BJJ (Black)	Boxing	BJJ (Black)		BJJ (Black)	Boxing	BJJ (Black)		BJJ (Black)	Boxing				
20:30														
20:45														
21:00														
21:15														
21:30														
21:45	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym				
22:00														
22:15														
22:30														