EVOLVE
MIXED MARTIAL ARTS

EVOLVE FAR EAST SQUARE

CLASS SCHEDULE
Effective Sept 1 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30	Muay Thai (I) 06:30	Muay Thai (I) 06:30	Muay Thai (I) 06:30	Muay Thai (I) 06:30	Muay Thai (I) 06:30		
6:45	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
7:00	BJJ (Blue) 06:45	BJJ (Blue) 06:45	BJJ (Blue) 06:45	BJJ (Blue) 06:45	BJJ (Blue) 06:45		
7:15							
7:30	Muay Thai (I) 07:30	Muay Thai (I) 07:30	Muay Thai (I) 07:30	Muay Thai (I) 07:30	Muay Thai (I) 07:30		
7:45							
8:00	BJJ (Blue) 07:45	BJJ (Blue) 07:45	BJJ (Blue) 07:45	BJJ (Blue) 07:45	BJJ (Blue) 07:45		
8:15							
8:30							
8:45	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
9:00							
9:15						Open Gym	Open Gym
9:30							
9:45							
10:00	Fighters Program 09:00	Fighters Program 09:00	Fighters Program 09:00	Fighters Program 09:00	Fighters Program 09:00		
10:15						Open Gym	BJJ (Blue) 10:00
10:30							
10:45							
11:00						Muay Thai (I) 10:30	Muay Thai (I) 10:30
11:15							
11:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		BJJ- W (Blue) 11:00
11:45						Boxing (I) 11:30	Muay Thai (II) 11:30
12:00	Muay Thai (I) 11:30	Muay Thai (I) 11:30	Muay Thai (I) 11:30	Muay Thai (I) 11:30	Muay Thai (I) 11:30		
12:15							
12:30	Boxing (I) 12:15	Muay Thai (I) 12:00	Boxing (I) 12:15	Muay Thai (I) 12:00	Boxing (I) 12:15		
12:45						Muay Thai (I) 12:30	Open Gym
13:00	Muay Thai (I) 13:00	Muay Thai (I) 12:45	Muay Thai (I) 13:00	Muay Thai (I) 12:45	Muay Thai (I) 13:00		Boxing (II) 12:45
13:15							
13:30						Open Gym	
13:45						Muay Thai (II) 13:45	
14:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
14:15							
14:30						Boxing (II) 14:45	
14:45							
15:00							
15:15							
15:30							
15:45							
16:00							
16:15							
16:30							
16:45	Muay Thai (I) 16:30	Muay Thai (I) 17:15	Muay Thai (I) 16:30	Muay Thai (I) 17:15	Muay Thai (I) 16:30		
17:00							
17:15	BJJ (Blue) 17:00		BJJ (Blue) 17:00		FightShape (I) 17:15		
17:30							
17:45	Boxing (I) 17:30	Boxing (I) 18:15	Boxing (I) 17:30	Boxing (I) 18:15	Boxing (I) 17:30		
18:00							
18:15	FightShape (I) 18:00	BJJ (Blue) 18:00	FightShape (I) 18:00	BJJ (Blue) 18:00	BJJ (Blue) 18:15		
18:30							
18:45	Muay Thai (I) 18:30		Muay Thai (I) 18:30		Muay Thai (I) 18:30		
19:00							
19:15	BJJ (Blue) 19:00	Muay Thai (I) 19:15	BJJ (Blue) 19:00	Muay Thai (I) 19:15	BJJ Randori 19:15		
19:30		FightShape (I) 19:00		FightShape (I) 19:00	Muay Thai (II) 19:30		
19:45	Boxing (I) 19:30		Boxing (I) 19:30				
20:00							
20:15	BJJ (Purple) 20:00	BJJ (Blue) 20:00	BJJ (Purple) 20:00	BJJ (Blue) 20:00	Open Gym		
20:30							
20:45	Muay Thai (I) 20:30		Muay Thai (I) 20:30				
21:00		BJJ Randori 21:00		BJJ Randori 21:00			
21:15							
21:30							
21:45	Open Gym	Open Gym	Open Gym	Open Gym			
22:00							