EVOLVE
MIXED MARTIAL ARTS

Muay Thai (I) = Everyone
Muay Thai (II) = Only Muay Thai (II) rank and higher are permitted
BJJ (Blue) = Everyone
BJJ (Purple) = Only 3 stripes White Belt and higher are permitted
BJJ (Black) = Only 3 stripes Blue Belt and higher are permitted

EVOLVE POMO MALL

CLASS SCHEDULE
Effective Sept 1 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30							
6:45							
7:00							
7:15							
7:30	Muay Thai (I) 07:30	BJJ (Blue) 07:30	Muay Thai (I) 07:30	BJJ (Blue) 07:30	Muay Thai (I) 07:30		
7:45							
8:00							
8:15							
8:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
8:45							
9:00							
9:15	Fighters Program 09:00	Fighters Program 09:00	Fighters Program 09:00	Fighters Program 09:00	Fighters Program 09:00		
9:30							
9:45						Little Samurai 09:30	
10:00							
10:15						BJJ (Blue) 10:15	Little Samurai 10:15
10:30							
10:45							
11:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	BJJ (Randori) 11:15	Muay Thai (I) 11:00
11:15							
11:30							
11:45	Muay Thai (I) 11:30	BJJ (Blue) 11:30	Muay Thai (II) 11:30	BJJ (Blue) 11:30	Muay Thai (I) 11:30		
12:00							
12:15						Muay Thai (I) 12:15	Wrestling 12:00
12:30							
12:45	BJJ (Blue) 12:30	Muay Thai (I) 12:30	BJJ (Purple) 12:30	Muay Thai (I) 12:30	BJJ (Blue) 12:30		
13:00							
13:15						Muay Thai (II) 13:15	BJJ (Blue) 13:00
13:30							
13:45	BJJ (Randori) 13:30	Open Gym	BJJ (Randori) 13:30	Open Gym	BJJ (Randori) 13:30		
14:00							
14:15						FightShape (I) 14:15	BJJ (Randori) 14:00
14:30							
14:45	Fighters Program 14:00	Fighters Program 14:00	Fighters Program 14:00	Fighters Program 14:00	Fighters Program 14:00		
15:00							
15:15						Muay Thai (I) 15:15	Muay Thai (I) 15:00
15:30							
15:45							
16:00						Muay Thai (II) 16:15	Muay Thai (II) 16:00
16:15	BJJ (Blue) 16:00	Little Samurai 16:00	BJJ (Blue) 16:00	Little Samurai 16:00	Open Gym		
16:30							
16:45		Muay Thai (I) 16:45		Muay Thai (I) 16:45	Muay Thai (I) 16:30		
17:00							
17:15	Muay Thai (I) 17:00		Muay Thai (I) 17:00			Mixed Martial Arts 17:15	Muay Thai (III) 17:00
17:30							
17:45		BJJ (Purple) 17:45		BJJ (Purple) 17:45	Muay Thai (I) 17:30		
18:00							
18:15	BJJ (Blue) 18:00		BJJ (Blue) 18:00				Mixed Martial Arts 18:00
18:30							
18:45		BJJ (Blue) 18:45		BJJ (Blue) 18:45	Muay Thai (I) 18:30		
19:00							
19:15	Muay Thai (I) 19:00		Muay Thai (I) 19:00				
19:30					BJJ (Blue) 19:30		
19:45		Muay Thai (I) 19:45		Muay Thai (I) 19:45			
20:00							
20:15	BJJ (Purple) 20:00		BJJ (Purple) 20:00		BJJ Randori 20:30		
20:30							
20:45		Muay Thai (II) 20:45		Muay Thai (II) 20:45	Open Gym		
21:00							
21:15							
21:30							
21:45	MT Sparring 21:30		MT Sparring 21:30				
22:00							
22:15	Open Gym	Open Gym	Open Gym	Open Gym			
22:30							