EVOLVE
MIXED MARTIAL ARTS

EVOLVE FAR EAST SQUARE

CLASS SCHEDULE
Effective July 1 2010

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