



Legend:

- Boxing (Beginner)
- Boxing Level I
- BJJ Blue (Beginner)
- BJJ (Purple), BJJ (No-Gi)
- Boxing (Intermediate)
- Boxing Level II
- Only 3 stripes White Belt and higher are permitted

EVOLVE FAR EAST SQUARE

CLASS SCHEDULE
Effective November 1, 2016

- 10th Planet Jiu Jitsu
- Only 3 stripes White Belt and higher are permitted
- Warrior 360
- Private Group Class (by appointment only)

6:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	6:30
6:45		Open Gym	Open Gym	Open Gym	Open Gym			6:45
7:00	Muay Thai 06:30		Muay Thai 06:30	Muay Thai 06:30	Muay Thai 06:30			7:00
7:15		BJJ (Purple) 06:45	BJJ (Blue) 06:45	BJJ (Purple) 06:45	BJJ (Blue) 06:45			7:15
7:30								7:30
7:45						Open Gym	Open Gym	7:45
8:00	Muay Thai 07:30	BJJ (Blue) 07:45	Boxing (I) 07:30	BJJ (Purple) 07:45	Boxing (I) 07:30	BJJ (Blue) 07:45	Boxing (Women) 07:30	8:00
8:15								8:15
8:30								8:30
8:45							BJJ (Blue) 08:00	8:45
9:00		Warrior 360 08:45		Warrior 360 08:45		Warrior 360 08:45	Boxing (I) 08:30	9:00
9:15			Yoga 08:45		Yoga 08:45		BJJ Competitors Program 08:30	9:15
9:30								9:30
9:45								9:45
10:00	Fighters Program 08:30		Fighters Program 08:30	Fighters Program 08:30	Fighters Program 08:30			10:00
10:15		Warrior 360 09:45	Warrior 360 09:45	Warrior 360 09:45	Warrior 360 09:45	Boxing (I) 09:45	Muay Thai 09:30	10:15
10:30								10:30
10:45							BJJ (Purple) 10:00	10:45
11:00		WarriorFit (II) 10:45	WarriorFit (II) 10:45	WarriorFit (II) 10:45	WarriorFit (II) 10:45	WarriorFit (II) 10:45	Muay Thai Sparring 10:30	11:00
11:15								11:15
11:30	Muay Thai 11:15		BJJ (Purple) 11:00	Muay Thai 11:15	BJJ (Purple) 11:00	Muay Thai 11:15	WarriorFit 11:00	11:30
11:45								11:45
12:00		BJJ (Blue) 11:30	Muay Thai 11:15	BJJ (Blue) 11:30	BJJ (Blue) 11:30	Muay Thai 11:15	Muay Thai 11:30	12:00
12:15								12:15
12:30	Boxing (I) 12:00		Boxing (I) 12:00	Boxing (I) 12:00	Boxing (I) 12:00	Muay Thai 11:45	BJJ (Blue) 12:00	12:30
12:45		WarriorFit 12:30	Muay Thai 12:15	WarriorFit 12:30	Muay Thai Sparring 12:15	WarriorFit 12:30	Boxing (I) 12:30	12:45
13:00								13:00
13:15	Muay Thai 12:45							13:15
13:30			WarriorFit 13:00		WarriorFit 13:00	Boxing (I) 12:45	BJJ (Purple) 13:00	13:30
13:45		BJJ (Purple) 13:15	Muay Thai 13:15	Muay Thai 13:15	BJJ (Purple) 13:15	Muay Thai 13:45	Boxing (II) 13:30	13:45
14:00	Muay Thai Sparring 13:30				Muay Thai Sparring 13:30			14:00
14:15								14:15
14:30		BJJ Randori 14:15	Warrior 360 14:00	Warrior 360 14:00	BJJ Randori 14:15	Muay Thai 14:00	WarriorFit 14:00	14:30
14:45								14:45
15:00								15:00
15:15	Fighters Program 14:15		Fighters Program 14:15	Fighters Program 14:15	Fighters Program 14:15	Muay Thai 14:45	BJJ (Blue) 14:30	15:15
15:30		Warrior 360 14:45	Warrior 360 15:00	Warrior 360 15:00	Warrior 360 14:45		BJJ (Blue) 15:00	15:30
15:45								15:45
16:00								16:00
16:15								16:15
16:30		Boxing (I) 16:00	Muay Thai 15:45	Boxing Sparring 16:00	Muay Thai 15:45	Boxing Sparring 16:00	Muay Thai Sparring 15:45	16:30
16:45	Muay Thai 16:15							16:45
17:00								17:00
17:15			Boxing (I) 16:45	Boxing (I) 16:45	Boxing (I) 16:45	Boxing (I) 16:45	BJJ (Blue) 16:30	17:15
17:30		WarriorFit 17:00	BJJ (Blue) 17:00	WarriorFit 17:00	BJJ (Blue) 17:00	WarriorFit 17:00	Boxing (I) 16:30	17:30
17:45								17:45
18:00	Muay Thai 17:15						BJJ (Women) 17:00	18:00
18:15		BJJ (Blue) 17:45	Muay Thai 17:45	BJJ (Blue) 17:45	Muay Thai 17:45	Muay Thai 17:45	Muay Thai Competitors Program 17:30	18:15
18:30			WarriorFit 18:00		WarriorFit 18:00			18:30
18:45	Muay Thai 18:15							18:45
19:00								19:00
19:15		BJJ Purple 18:45	Muay Thai 18:45	BJJ Purple 18:45	Muay Thai 18:45	Boxing (II) 18:45	MMA Competitors Program 18:30	19:15
19:30			BJJ (Blue) 19:00		BJJ (Blue) 19:00			19:30
19:45								19:45
20:00	Muay Thai 19:15						Boxing Competitors Program 19:00	19:45
20:15								20:00
20:30			BJJ (Purple) 20:00	Muay Thai 19:45	BJJ (Purple) 20:00	Boxing Sparring (II) 19:45	Wrestling Federation (Invitation Only) 19:00	20:00
20:45	Muay Thai Sparring 20:15		Muay Thai 20:00	Muay Thai 19:45	Muay Thai III 20:15	Open Gym	Open Gym	20:30
21:00								21:00
21:15		BJJ (Blue) 20:45	Muay Thai 20:45	BJJ (Blue) 20:45	BJJ Randori 21:00			21:15
21:30								21:30
21:45								21:45
22:00	Boxing (I) 21:15		Boxing (I) 21:15	Boxing (I) 21:15	Muay Thai Sparring 21:15			22:00
22:15		10th Planet Jiu Jitsu 21:45	Muay Thai 21:30	10th Planet Jiu Jitsu 21:45	Muay Thai Sparring 21:30	BJJ (Blue) 21:30		22:15
22:30								22:30
22:45	Muay Thai 22:15							22:45
23:00								23:00
23:15	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	23:15

- Legend:
- Muay Thai (Beginner)
 - Muay Thai Level I
 - Muay Thai (Intermediate)
 - Muay Thai Level II - V
 - Muay Thai (Advanced Novice)
 - Muay Thai Level III - V