

Centre Evolution - ROOM 1 SCHEDULE

START	END	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	7:30 AM	ADULT BJJ GI		ADULT BJJ GI		ADULT BJJ GI	
8:45 AM	9:30 AM						JUDO KIDS (3 -5 YRS)
9:30 AM	10:30 AM						JUDO KIDS (6-7 YRS)
10:30 AM	11:30 AM						JUDO KIDS (8-13 YRS)
11:30 AM	12:30 PM						ADULT JUDO 14 YRS +
12:30 PM	2:00 PM						ADULT BJJ OPEN ROLL
12:00 PM	1:00 PM	BJJ LUNCH (NO-GI)	ADULT BJJ GI	BJJ LUNCH (NO-GI)	ADULT BJJ GI		
5:30 PM	6:30 PM						
6:00 PM	6:30 PM						
6:30 PM	7:30 PM	YOUTH BJJ		YOUTH BJJ			
6:30 PM	7:30 PM				YOUTH JUDO 10 - 13 YRS		
7:30 PM	9:00 PM		ADULT JUDO 14 YRS +		ADULT JUDO 14 YRS +		
7:30 PM	8:45 PM	ADULT BJJ GI		ADULT BJJ GI			

Centre Evolution - ROOM 2 SCHEDULE

START	END	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM	11:00 AM						
11:00: AM	12:00 PM						
12:00 PM	13:00: PM						
5:00 PM	6:00: PM						
5:30 PM	6:30PM	MMA SPARRING			MMA DRILLS		
6:30 PM	7:30 PM	MUAY THAI-ALL LEVELS	WRESTLING CLASS	MUAY THAI-ALL LEVEL	BJJ (NOGI) BEGINNER		
7:30 PM	8:30 PM		BJJ (NO-GI)		BJJ(NOGI)ADVANCE D		
8:00 PM	8:30 PM						