

Centre Evolution - ROOM 1 SCHEDULE

START	END	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	7:30 AM	ADULT BJJ GI		ADULT BJJ GI		ADULT BJJ GI		
8:45 AM	9:30 AM							
9:00 AM	10:00 AM							WOMENS BJJ GI
10:30 AM	12:00 PM						ADULT BJJ OPEN ROLL	
11:30 AM	12:30 PM							
12:00 PM	1:00 PM	BJJ LUNCH (NOGI)	ADULT BJJ GI	BJJ LUNCH (NOGI)	ADULT BJJ GI			
12:30 PM	2:00 PM							
5:30 PM	6:30 PM	YOUTH BJJ (5-7)		YOUTH BJJ (5-7)				
6:30 PM	7:30 PM	YOUTH BJJ (8-13)	WRESTLING CLASS	YOUTH BJJ (8-13)	BJJ (NOGI) BEGINNER			
7:30 PM	8:30 PM		BJJ (NOGI) ALL LEVELS		BJJ (NOGI) ADVANCED			
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	SUNDAY
11:30 AM	12:30 PM						MUAY THAI-ALL LEVELS	
5:30 PM	6:30PM	MUAY THAI ADVANCED	MUAY THAI SPARRING <i>(invitation by coach)</i>	MUAY THAI ADVANCED	MMA DRILLS			
6:30 PM	7:30 PM	MUAY THAI BEGINNERS	INVITATIONAL TEAM SPARRING	MUAY THAI BEGINNERS	MUAY THAI FIGHT TEAM			
7:30 PM	8:30 PM		MUAY THAI FIGHT TEAM					