

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 +
12:00 PM	1:00 PM	BJJ LUNCH (NOGI)	ADULT BJJ GI	BJJ LUNCH (NOGI)	ADULT BJJ GI		
12:30 PM	2:00 PM						ADULT BJJ OPEN ROLL
6:30 PM	7:30 PM	YOUTH BJJ	WRESTLING CLASS	YOUTH BJJ	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
5:30 PM	6:30PM	MMA SPARRING			MMA DRILLS		
6:30 PM	7:30 PM	MUAY THAI-ALL LEVELS		MUAY THAI-ALL LEVELS	BJJ (NOGI) BEGINNER		
7:30 PM	8:30 PM		BJJ (NOGI) ALL LEVELS		BJJ (NOGI) ADVANCED		