



Evolve Training Center Schedule 2019



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	Jiu Jitsu Drills ----- Boxing For Fitness	Fit Camp	Jiu Jitsu Drills ----- Boxing For Fitness	Fit Camp	Jiu Jitsu Drills	
8:00						Jiu Jitsu Marathon Roll
9:00						Boxing For Fitness ----- KIDS JIU JITSU (Family Jiu Jitsu every other Saturday) (9:15)
10:00						Muay Thai Kickboxing ----- Technical Jiu Jitsu (10:30)
11:15	Athletic Conditioning	Fit Camp	Athletic Conditioning	Fit Camp	Muay Thai (11:00)	
12:00	Muay Thai Kickboxing ----- Co-ed Yoga	Technical Jiu Jitsu	Muay Thai Kickboxing	Technical Jiu Jitsu	All Level Jiu Jitsu	
5:00	Fit Camp (5:15) ----- Kids Muay Thai (5:15)	Kids Jiu Jitsu Ages 4-7 (5:00-5:30) Ages 8-10 (5:00-5:45) Ages 11-15 (5:30-6:15) Ages 11-15/ELITE (5:45-6:30) WOD (5:00 *WWC) Boxing For Fitness (5:15)	Fit Camp (5:15) ----- Kids Muay Thai (5:15)	Kids Jiu Jitsu Ages 4-7 (5:00-5:30) Ages 8-10 (5:00-5:45) Ages 11-15 (5:30-6:15) Ages 11-15/ELITE (5:45-6:30) WOD (5:00 *WWC) Boxing For Fitness (5:15)	Kids Muay Thai (5:15)	
6:00	Vinyasa Yoga (6:30 *WWC) ----- Muay Thai Kickboxing ----- Technical Jiu Jitsu (6:15)	Muay Thai Kickboxing ----- Women's Empower Fit (6:15 *WWC)	Vinyasa Yoga (6:15 *WWC) ----- Muay Thai Kickboxing ----- Technical Jiu Jitsu (6:15)	Muay Thai Kickboxing ----- Women's Empower Fit (6:15 *WWC)	Muay Thai Kickboxing ----- OPEN MAT Jiu Jitsu (6-8)	
7:00	Boxing For Fitness (7:15)	Competition Kickboxing ----- Competition Jiu Jitsu	Boxing For Fitness (7:15)	Competition Kickboxing ----- Competition Jiu Jitsu		
7:30	JJ Sparring		Women's JJ (7:30) ----- JJ Sparring			

*WWC = Women's Wellness Center accessible through Evolve Training Center

WOD = Feel free to stop by between 5-6pm and follow the Workout of the Day at your own pace

Family Jiu Jitsu every other Saturday at 9:15am is a great way for parents to experience the Kids Jiu Jitsu class and have fun on the mat alongside the kids!