

Evolve Training Center Hybrid Schedule

updated 7/7/2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15a - 6:45a	Boxing for Fitness	CLEANING	Boxing for Fitness	CLEANING		8:30a - 9:00a Boxing for Fitness
7:30a - 7:55a	CLEANING	Morning Mobility (Zoom only)	CLEANING	Morning Mobility (Zoom only)		9:00a - 9:15a CLEANING
EVENING	Monday	Tuesday	Wednesday	Thursday	Friday	9:15a - 9:45 Boxing for Fitness (Live Only)
4:30p - 5:00p	Kids Muay Thai (on bags)	Kids Jiu Jitsu ages 4 - 9 (Zoom only)	Kids Muay Thai (on bags)	Kids Jiu Jitsu ages 4 - 9 (Zoom only)		9:45a - 10:00a CLEANING
5:00p - 5:15p	CLEANING	CLEANING	CLEANING	CLEANING	CLEANING	10:00a - 10:30a Muay Thai (Live Only)
5:15p - 5:45p	Medicine Ball (on small side) Kids Muay Thai (on bags)	Kids Jiu Jitsu 10-teens (on small side) Boxing for Fitness (on bags)	Medicine Ball (on small side) Kids Muay Thai (on bags)	Kids Jiu Jitsu 10-teens (on small side) Boxing for Fitness (on bags)	Boxing for Fitness (Live Only)	Send us a message at evolvetrainingcenter@gmail.com or give us a call at 650-615-9322
5:45p - 6:00p	CLEANING	CLEANING	CLEANING	CLEANING	CLEANING	
6:00p - 6:45p	Jiu Jitsu (on big side)	Muay Thai Fundamentals (on big side)	Jiu Jitsu (on big side)	Muay Thai Fundamentals (on big side)	Muay Thai Kickboxing (Live Only)	
6:45p - 7:00p	CLEANING	CLEANING	CLEANING	CLEANING	CLEANING	
7:00p - 7:45p	CLEANING	Kettlebell (Zoom Only) Muay Thai Kickboxing (on big side) (Live Only)	CLEANING	Kettlebell (Zoom Only) Muay Thai Kickboxing (on big side) (Live Only)		
7:15p - 7:45p	Boxing for Fitness	CLEANING	MMA for Fitness (Live Only) Women's Jiu Jitsu	CLEANING		