

Effective June 1st, 2017

## Kids Evening Class Schedule

	Mon	Tue	Wed	Thurs	Fri	Sat
Lil Ninja Beginners (White - Gold)	4:30	6:00	4:00	6:00	4:00	
Lil Ninja Int. & Adv. (Green - Black)	5:00	4:00	5:15	4:00	5:15	
Evo Kids Beg. (White - Gold)	5:00	5:15	6:00	6:30	4:30	
Evo Kids Int. (Green - Bl Sr.)	5:30	5:15	6:00	4:30	4:30	
Adv. Kids Brown - Black	6:15	6:30	4:30	5:15	4:30	
Black Belt Club Kids		4:30			5:15	
Sparring					4:30	
Evo-X Demo				7:15		

## Adult Evening Class Schedule

Adult Beginners (White - Purple)	7:00	6:30	6:45	8:00	6:00	
Adult Int. & Adv. (Blue - Red Sr.)	7:00	6:30	6:45	8:00	6:00	
Black Belt	7:00	6:30	6:45	8:00	6:00	
Advanced Adults (Brn thru Black)	6:15	6:30	6:45	5:15	6:00	
Sparring					6:00	

## Morning Class Schedule

Lil Ninja's (All Ranks)	10:00		10:00			10:00
Evo Kids (All Ranks)	10:30		10:30			10:30
Adult Martial Arts (All Ranks)	11:15		11:15			11:15

## Evolution Brazilian Jiu-Jitsu

NO Gi Grappling		10:00 <sup>am</sup> Ages 5+			7:00 <sup>pm</sup> Ages 13+	
Kids Jiu Jitsu (ages 5-13)	6:00 <sup>pm</sup>	6:30 <sup>pm</sup>	5:15 <sup>pm</sup>	5:15 <sup>pm</sup>		11:30 <sup>am</sup>
Brazilian Jiu Jitsu (13 and up)	7:00 <sup>pm</sup>	7:15 <sup>pm</sup>	6:00 <sup>pm</sup>	10:00 <sup>am</sup> 6:00 <sup>pm</sup>	7:00 <sup>pm</sup> No Gi	11:30 <sup>am</sup>
BJJ Competition Team					6:00 <sup>pm</sup>	11:30 <sup>am</sup>