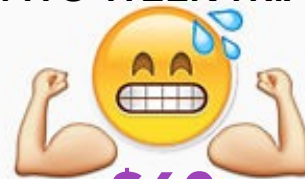


# EVOLVE ALL ADULT CLASS SCHEDULE

effective February 1, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM	<b>YOGA</b> <i>Chikara -Strengthen</i> 10:00 - 10:45 AM	<b>YOGA</b> <i>Sosei- Restore</i> 9:45 - 10:45 AM	<b>GRAPPLING</b> BJJ/Judo/Wrestling 11:00 AM- 12:00 PM	<b>GI GRAPPLING</b> BJJ/Judo/Wrestling 11:00 AM- 12:00 PM	<b>YOGA</b> <i>Chikara -Strengthen</i> 8:45 - 9:45 AM	<b>YOGA</b> <i>Sosei- Restore</i> 11:00 AM- 12:00 PM
OPEN GYM	<b>GRAPPLING</b> BJJ/Judo/Wrestling 11:00 AM- 12:00 PM	OPEN GYM	OPEN GYM	<b>YOGA</b> <i>Antei - Balance</i> 12:15 - 1:00 PM	<b>CARDIO RHYTHM</b> Dance fitness 10:00 - 10:45 AM	<b>GRAPPLING</b> BJJ/Judo/Wrestling 12:30 - 2:00 PM
OPEN GYM	OPEN GYM	OPEN GYM	<b>GYMBASICS</b> Dynamic Circuit Training 5:15 - 6:00 PM	CHILD CARE		
<b>GYMBASICS</b> Dynamic Circuit Training 6:00 - 6:45 PM	OPEN GYM	OPEN GYM	OPEN GYM			
<b>SPARRING</b> 6:45 - 7:30 PM	CHILD CARE	<b>MARTIAL ARTS</b> 6:45 - 7:45 PM	<b>GRAPPLING</b> BJJ/Judo/Wrestling 6:45 - 7:30 PM	CHILD CARE	<b>MARTIAL ARTS</b> 6:45 - 7:45 PM	CHILD CARE
<b>CARDIO RHYTHM</b> Dance fitness 7:30 - 8:15 PM		<b>CARDIO RHYTHM</b> Dance fitness 7:30 - 8:15 PM	<b>CARDIO RHYTHM</b> Dance fitness 7:45 - 8:30 PM			
<b>YOGA</b> <i>Antei - Balance</i> 8:15 - 9:00 PM			<b>YOGA</b> <i>Antei - Balance</i> 8:00 - 8:45 PM			

## TWO WEEK TRIAL



**\$60**

includes EvolveAll Tank or Tee

### HOURS: (ALSO OPEN GYM HOURS)

MONDAY: 2:00pm - 9:00pm  
 TUESDAY: 2:00pm - 9:00pm  
 WEDNESDAY: 2:00pm - 9:00pm  
 THURSDAY: 2:00pm - 9:00pm  
 FRIDAY: 12:00pm - 7:00pm  
 SATURDAY: 8:30am - 2:00pm  
 SUNDAY: Open for Adult Classes only

evolve*all*

940 S. George Mason Dr. Arlington, VA 22204 | 703-585-4325 | [www.evolveall.com](http://www.evolveall.com)