

EVOLVE ALL CLASS SCHEDULE

effective February 1, 2017

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			SATURDAY			SUNDAY
LESSON ROOM	TURF ROOM	POWER ROOM	ASP	LESSON ROOM	TURF ROOM	POWER ROOM	ASP	LESSON ROOM	TURF ROOM	POWER ROOM	ASP	LESSON ROOM	TURF ROOM	POWER ROOM	ASP	LESSON ROOM	TURF ROOM	POWER ROOM	LESSON ROOM	TURF ROOM	POWER ROOM	LESSON ROOM
OPEN	OPEN	OPEN		YOGA Adults Antei - Balance 10:00 - 10:45 PM	NO OPEN GYM DURING YOGA AND GRAPPLING CLASS			YOGA Adults Sosei - Restore 9:45 - 10:45 AM	NO OPEN GYM DURING YOGA CLASS			GRAPPLING Adults BJJ/Judo/ Wrestling 11:00 AM - 12:00 PM	NO OPEN GYM DURING GRAPPLING CLASS			GI GRAPPLING Adults BJJ/Judo/ Wrestling 11:00 AM - 12:00 PM	OPEN	OPEN	YOGA Adults Chikara - Strengthen 8:45 - 9:45 AM	SILENT OPEN GYM DURING YOGA CLASS		YOGA Adults Sosei - Restore 11:00 AM - 12:00 PM
MARTIAL ARTS Youth Intermediate 5 - 6 yrs 4:30 - 5:15 PM	OPEN	OPEN		GRAPPLING Adults BJJ/Judo/ Wrestling 11:00 AM - 12:00 PM				MARTIAL ARTS Youth Intermediate 5 - 6 yrs 4:30 - 5:15 PM	OPEN	OPEN		MARTIAL ARTS Youth Beginner 5 - 6 yrs 4:30 - 5:15 PM				YOGA Adults Antei - Balance 12:15 - 1:00 PM	OPEN	OPEN	CARDIO RHYTHM Adults Dance fitness 10:00 - 10:45 AM	OPEN	OPEN	GRAPPLING Adults BJJ/Judo/ Wrestling 12:30 - 2:00 PM
MARTIAL ARTS Youth Intermediate 7 - 10 yrs 5:15 - 6:00 PM	OPEN	OPEN		MARTIAL ARTS Youth Beginner 5 - 6 yrs 4:30 - 5:15 PM	OPEN	OPEN		MARTIAL ARTS Youth Intermediate 7 - 10 yrs 5:15 - 6:00 PM	OPEN	OPEN		MARTIAL ARTS Youth Beginner 7 - 10 yrs 5:15 - 6:00 PM		GYM BASICS Adults Dynamic Circuit Training 5:15 - 6:00 PM	CHILD CARE	MARTIAL ARTS Youth Yellow Solid all ages 4:30 - 5:15 PM	MARTIAL ARTS Youth Green Solid all ages 4:30 - 5:15 PM	OPEN	MARTIAL ARTS Youth All Ranks 5 - 6 yrs 11:00 - 11:45 AM	OPEN	OPEN	
MARTIAL ARTS Youth Yellow Solid all ages 6:00 - 6:45 PM	MARTIAL ARTS Youth Green Solid all ages 6:00 - 6:45 PM	GYM BASICS Adults Dynamic Circuit Training 6:00 - 6:45 PM	CHILD CARE	MARTIAL ARTS Youth Beginner 7 - 10 yrs 5:15 - 6:00 PM	OPEN	OPEN		MARTIAL ARTS Youth Super Advanced all ages 6:00 - 6:45 PM	MARTIAL ARTS Black Belt 6:00 - 6:45 PM	OPEN		MARTIAL ARTS Youth 11 and up All Ranks 6:00 - 6:45 PM		OPEN	OPEN	SPARRING Youth All ranks 5:15 - 6:00 PM	OPEN	OPEN	MARTIAL ARTS Youth All Ranks 7 - 9 yrs 11:45 - 12:30 PM	OPEN	OPEN	NO OPEN GYM DURING SUNDAY CLASSES
SPARRING Adults 6:45 - 7:30 PM	OPEN	OPEN	CHILD CARE	MARTIAL ARTS Youth 11 and up All Ranks 6:00 - 6:45 PM	OPEN	OPEN		GRAPPLING Adults BJJ/Judo/ Wrestling 6:45 - 7:30 PM	OPEN	OPEN		MARTIAL ARTS Adults 6:45 - 7:45 PM	MARTIAL ARTS TRICKING 6:45 - 7:45 PM	CHILD CARE	MARTIAL ARTS Youth Super Advanced all ages 6:00 - 6:45 PM	MARTIAL ARTS Black Belt 6:00 - 6:45 PM	OPEN	MARTIAL ARTS Youth All Ranks 10 - 15 yrs 12:30 - 1:15 PM	OPEN	OPEN		
CARDIO RHYTHM Adults Dance fitness 7:30 - 8:15 PM	OPEN	OPEN	CHILD CARE	MARTIAL ARTS Adults 6:45 - 7:45 PM	DEMO TEAM 6:45 - 7:30 PM	OPEN		CARDIO RHYTHM Adults Dance fitness 7:30 - 8:15 PM	OPEN	OPEN		YOGA Adults Antei - Balance 8:00 - 8:45 PM		CHILD CARE			OPEN	DEMO TEAM 1:15 - 2:00 PM	OPEN	OPEN		
YOGA Adults Antei - Balance 8:15 - 9:00 PM	SILENT OPEN GYM DURING YOGA CLASS			CARDIO RHYTHM Adults Dance fitness 7:45 - 8:30 PM	OPEN	OPEN		OPEN	OPEN	OPEN				CHILD CARE								

evolveall
 940 S. George Mason Dr. Arlington, VA 22204
 703-585-4325 | www.evolveall.com

- Youth Martial Arts Ranks:**
- Beginners - White Belts and Yellow Stripes
 - Intermediate - Green Stripes, Blue Stripes, and Red Stripes
 - Advanced - Yellow and Green Solid Belts
 - Super Advanced - Blue, Red and Black Solids

**Open Gym is available to EvolveAll members only.
 Instructor permission is required for the **Adult Sparring class.
 **Child Care is only offered to YMA students during Adult Classes.

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 - 2:30pm
 Sunday: Open for Adult Classes only