

# EVOLVE ALL ADULT CLASS SCHEDULE

[effective March 24, 2017]

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

OPEN GYM

YOGA  
*Chikara -Strengthen*  
10:00 - 10:45 AM

YOGA  
*Sosei - Restore*  
9:45 - 10:45 AM

GRAPPLING  
BJJ/Judo/Wrestling  
11:00 AM- 12:00 PM

GI GRAPPLING  
BJJ/Judo/Wrestling  
11:00 AM- 12:00 PM

YOGA  
*Chikara -Strengthen*  
8:45 - 9:45 AM

YOGA  
*Sosei - Restore*  
11:00 AM- 12:00 PM

OPEN GYM

GRAPPLING  
BJJ/Judo/Wrestling  
11:00 AM- 12:00 PM

OPEN GYM

OPEN GYM

YOGA  
*Antei - Balance*  
12:15 - 1:00 PM

CARDIO RHYTHM  
Dance fitness  
10:00 - 10:45 AM

GRAPPLING  
BJJ/Judo/Wrestling  
12:30 - 2:00 PM

OPEN GYM

OPEN GYM

EVOLVE ALL GROUP TRAINING  
*Dynamic Fitness Training*  
5:30 - 6:15 PM

C  
C  
A  
R  
E

OPEN GYM

OPEN GYM

EVOLVE ALL GROUP TRAINING  
*Dynamic Fitness Training*  
6:00 - 6:45 PM

C  
H  
I  
L  
D  
C  
A  
R  
E

OPEN GYM

OPEN GYM

OPEN GYM

EVOLVE ALL GROUP TRAINING  
*Dynamic Fitness Training*  
6:00 - 6:45 PM

SPARRING  
6:45 - 7:30 PM

MARTIAL ARTS  
6:45 - 7:45 PM

C  
H  
I  
L  
D  
C  
A  
R  
E

GRAPPLING  
BJJ/Judo/Wrestling  
6:45 - 7:30 PM

C  
H  
I  
L  
D  
C  
A  
R  
E

MARTIAL ARTS  
6:45 - 7:45 PM

C  
H  
I  
L  
D  
C  
A  
R  
E

CARDIO RHYTHM  
*Dance fitness*  
7:30 - 8:15 PM

CARDIO RHYTHM  
*Dance fitness*  
7:45 - 8:30 PM

CARDIO RHYTHM  
*Dance fitness*  
7:30 - 8:15 PM

YOGA  
*Antei - Balance*  
8:00 - 8:45 PM

YOGA  
*Antei - Balance*  
8:15 - 9:00 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