

# EVOLVE ALL CLASS SCHEDULE

[effective May 22, 2017]

MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY	
		<b>YOGA Adult</b> - Chikara/ Strengthen 9:45 - 10:30 AM UPSTAIRS		<b>YOGA Adult</b> - Sosei/ Restore 9:45 - 10:45 AM UPSTAIRS				<b>YOGA Adult</b> - Chikara/ Strengthen 8:45 - 9:45 AM UPSTAIRS	
	<b>MARTIAL ARTS GRAPPLING Adult</b> - BJJ/Judo/ Wrestling 11:00- 12:00 PM DOWNSTAIRS				<b>MARTIAL ARTS GRAPPLING Adult</b> - BJJ/Judo/ Wrestling 11:00- 12:00 PM DOWNSTAIRS		<b>MARTIAL ARTS GI GRAPPLING Adult</b> - BJJ/Judo/ Wrestling 11:00- 12:00 PM DOWNSTAIRS	<b>CARDIO RHYTHM Adult</b> - Dance Fitness 10:00 - 10:45 AM UPSTAIRS	
<b>MARTIAL ARTS Youth</b> - All Ranks 5 - 6 yrs 4:30 - 5:15 PM DOWNSTAIRS	<b>MARTIAL ARTS Youth</b> - All Ranks 7 - 10 yrs 4:30 - 5:15 PM DOWNSTAIRS		<b>MARTIAL ARTS Youth</b> - All Ranks 5 - 6 yrs 4:30 - 5:15 PM DOWNSTAIRS		<b>MARTIAL ARTS Youth</b> - All Ranks 5 - 6 yrs 4:30 - 5:15 PM DOWNSTAIRS		<b>YOGA Adult</b> - Antei/ Balance 12:15 - 1:00 PM UPSTAIRS	<b>MARTIAL ARTS Youth</b> - All Ranks 5 - 6 yrs 11:00 - 11:45 AM DOWNSTAIRS	
<b>MARTIAL ARTS Youth</b> - All Ranks 7 - 10 yrs 5:15 - 6:00 PM DOWNSTAIRS	<b>MARTIAL ARTS Youth</b> - All Ranks 5 - 6 yrs 5:15 - 6:00 PM DOWNSTAIRS		<b>MARTIAL ARTS Youth</b> All Ranks 7 - 10 yrs 5:15 - 6:00 PM DOWNSTAIRS	<b>GROUP TRAINING Adult</b> - Dynamic Fitness Training 5:30 - 6:15 PM GYM	<b>MARTIAL ARTS Youth</b> - All Ranks 5 - 6 yrs 5:15 - 6:00 PM DOWNSTAIRS		<b>MARTIAL ARTS TRICKING Youth</b> - Green Stripes & Above 4:30 - 5:30 PM DOWNSTAIRS	<b>MARTIAL ARTS Youth</b> - All Ranks 7 - 9 yrs 11:45 - 12:30 PM DOWNSTAIRS	
<b>MARTIAL ARTS Youth</b> - Black Belts 6:00 - 6:45 PM DOWNSTAIRS	<b>GROUP TRAINING Adult</b> - Dynamic Fitness Training 6:00 - 6:45 PM GYM	<b>MARTIAL ARTS Youth</b> - All Ranks 11 - 15 yrs 6:00 - 6:45 PM DOWNSTAIRS	<b>MARTIAL ARTS Youth</b> - Black Belts 6:00 - 6:45 PM DOWNSTAIRS		<b>MARTIAL ARTS Youth</b> - All Ranks 11 - 15 yrs 6:00 - 6:45 PM DOWNSTAIRS		<b>SPARRING Youth</b> - Yellow Solids & Above 5:30 - 6:30 PM DOWNSTAIRS	<b>GROUP TRAINING Adult</b> - Dynamic Fitness Training 6:00 - 6:45 PM GYM	<b>MARTIAL ARTS Youth</b> - All Ranks 10 - 15 yrs 12:30 - 1:15 PM DOWNSTAIRS
<b>MARTIAL ARTS GRAPPLING Adult</b> - BJJ/Judo/ Wrestling 6:45 - 8:00 PM DOWNSTAIRS	<b>CARDIO RHYTHM Adult</b> - Dance Fitness 7:15 - 8:00 PM UPSTAIRS	<b>MARTIAL ARTS STRIKING Adult</b> 6:45 - 8:00 PM DOWNSTAIRS	<b>CARDIO RHYTHM Adult</b> - Dance Fitness 7:15 - 8:00 PM UPSTAIRS	<b>MARTIAL ARTS GRAPPLING Adult</b> - BJJ/Judo/ Wrestling 6:45 - 8:00 PM DOWNSTAIRS	<b>CARDIO RHYTHM Adult</b> - Dance Fitness 7:15 - 8:00 PM UPSTAIRS	<b>MARTIAL ARTS STRIKING Adult</b> 6:45 - 8:00 PM DOWNSTAIRS	<b>CARDIO RHYTHM Adult</b> - Dance Fitness 7:15 - 8:00 PM UPSTAIRS	<b>SUNDAY</b>  <b>YOGA Adult</b> - Sosei/ Restore 11:00 AM- 12:00 PM UPSTAIRS  <b>MARTIAL ARTS GRAPPLING Adult</b> - BJJ/Judo/ Wrestling 12:30 - 2:00 PM DOWNSTAIRS	
<b>YOGA Adult</b> - Chikara/ Strengthen 8:15 - 9:00 PM UPSTAIRS		<b>YOGA Adult</b> - Sosei/ Restore 8:15 - 9:00 PM UPSTAIRS				<b>YOGA Adult</b> - Antei/ Balance 8:15 - 9:00 PM UPSTAIRS			

OPEN HOURS:

MONDAY - THURSDAY : 2:00PM - 8:30PM  
 FRIDAY: 2:00PM - 7:00PM  
 SATURDAY: 10:45AM - 1:30PM  
 SUNDAY: OPEN FOR ADULT CLASSES ONLY

OFFICE HOURS:

MONDAY - FRIDAY : 2:00PM - 7:00PM  
 SATURDAY: 10:45AM - 1:30PM



5818 Seminary Rd. Falls Church, VA 22041  
 703-585-4325 | [www.evolveall.com](http://www.evolveall.com)

# TWO WEEK TRIAL - \$60

Two week trial includes:

Access to all eligible classes & EvolveAll Uniform for Youth / EvolveAll Tank or Tee for Adults

## YOUTH MARTIAL ARTS & FAMILY PLAN

	18-Month Membership	12-Month Membership	6-Month Membership
<b>1 member</b>	\$130/month	\$140/month	\$150/month
<b>2 members</b>	\$210/month	\$230/month	\$250/month
<b>3 members</b>	\$260/month	\$290/month	\$320/month
<b>4 members</b>	\$310/month	\$350/month	\$390/month

Discounts available for 18-month & 12-month memberships when paid in full.

Family Plan prices are for immediate family members only.

The After School Program and Martial Arts Tricking memberships are offered at an additional cost to the Youth Martial Arts Memberships.

Adult members in a Family Plan membership may take all Adult Program classes.

Sparring gear sold separately.

Belt testing and special events are not included in Youth Martial Arts membership payments.

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## ADULT PROGRAM

Program	Drop-In	Monthly Membership
Adult Martial Arts	\$20/class	\$55/month
Cardio Rhythm	\$15/class	\$55/month
Grappling	\$40/class	\$90/month
EvolveAll Group Training	\$15/class	\$50/month
Yoga	\$20/class	\$65/month
All-Inclusive Adult Program Membership	\$140/month	\$120/month (One Year Commitment)

Please arrive early to handle membership or drop-in payments before class.

All Adult Program Classes are for students **ages 16 and up**. A parent signature is required for students under 18 years old.

**Open Gym** is available to adults enrolled in a monthly membership during open hours. **Open Gym** is closed during morning weekday and Sunday classes.

Equipment is available for sale in our Satori Shop. Some equipment may be borrowed during class.

### **Adult Membership Discounts:**

Wise Warrior (ages 60+) - 20%

Fellow Teacher - 20%

College Student - 20%

Military - 20%

Please show a valid ID to be eligible for discounts.

Adult Program discounts cannot be applied toward Family Plan memberships.

**\*\*Adult and Youth program prices and schedule are subject to change.\*\***