

# EVOLVE ALL CLASS SCHEDULE

[effective October 1, 2017]

MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
		<b>Yoga</b> <i>Adult - Chikara/ Strengthen</i> 9:45 - 10:30 AM UPSTAIRS		<b>Yoga</b> <i>Adult - Sosei/Restore</i> 9:45 - 10:45 AM UPSTAIRS					<b>Yoga</b> <i>Adult - Chikara/ Strengthen</i> 8:45 - 9:45 AM UPSTAIRS
	<b>Grap</b> <i>Adult - BJJ/Judo/ Wrestling</i> 11:00- 12:00 PM DOWNSTAIRS				<b>Grap</b> <i>Adult - BJJ/Judo/ Wrestling</i> 11:00- 12:00 PM DOWNSTAIRS		<b>Gi</b> <i>Adult - BJJ/Judo/ Wrestling</i> 11:00- 12:00 PM DOWNSTAIRS		<b>Rthm</b> <i>Adult - Dance Fitness</i> 10:00 - 10:45 AM UPSTAIRS
<b>YMA</b> All Ranks 5 - 7 yrs 4:30 - 5:15 PM DOWNSTAIRS	<b>YMA</b> All Ranks 8 - 10 yrs 4:30-5:15 PM DOWNSTAIRS		<b>YMA</b> All Ranks 5 - 7 yrs 4:30 - 5:15 PM DOWNSTAIRS		<b>YMA</b> All Ranks 8 - 10 yrs 4:30-5:15 PM DOWNSTAIRS			<b>Yoga</b> <i>Adult - Antei/ Balance</i> 12:15 - 1:00 PM UPSTAIRS	<b>YMA</b> All Ranks 5 - 7 yrs 11:00-11:45 AM DOWNSTAIRS
<b>YMA</b> All Ranks 8 - 10 yrs 5:15 - 6:00 PM DOWNSTAIRS	<b>YMA</b> All Ranks 5 - 7 yrs 5:15 - 6:00 PM DOWNSTAIRS	<b>Trick</b> <i>Youth - Green Stripes &amp; Above</i> 5:15 - 6:00 PM UPSTAIRS	<b>YMA</b> All Ranks 8 - 10 yrs 5:15 - 6:00 PM DOWNSTAIRS	<b>Fit</b> <i>Adult - Dynamic Fitness Training</i> 5:30 - 6:15 PM GYM	<b>YMA</b> All Ranks 5 - 7yrs 5:15-6:00 PM DOWNSTAIRS	<b>Trick</b> <i>Youth - Green Stripes &amp; Above</i> 5:15 - 6:00 PM UPSTAIRS			<b>YMA</b> All Ranks 8 - 10 yrs 11:45 AM- 12:30 PM DOWNSTAIRS
<b>BB</b> Black Belts 6:00 - 6:45 PM DOWNSTAIRS	<b>Fit</b> <i>Adult - Dynamic Fitness Training</i> 6:00 - 6:45 PM GYM	<b>Teen</b> All Ranks 11 - 15 yrs 6:00 - 6:45 PM DOWNSTAIRS	<b>BB</b> Black Belts 6:00 - 6:45 PM DOWNSTAIRS		<b>Teen</b> All Ranks 11 - 15 yrs 6:00 - 6:45 PM DOWNSTAIRS		<b>Spar</b> <i>Youth - Yellow Solids &amp; Above</i> 5:30- 6:30 PM DOWNSTAIRS	<b>Fit</b> <i>Adult - Dynamic Fitness Training</i> 6:00 - 6:45 PM GYM	<b>Teen</b> All Ranks 11 - 15 yrs 12:30 - 1:15 PM DOWNSTAIRS
<b>Grap</b> <i>Adult - BJJ/Judo/ Wrestling</i> 6:45 - 8:00 PM DOWNSTAIRS		<b>Strike</b> <i>Adult - Martial Arts</i> 6:45 - 8:00 PM DOWNSTAIRS	<b>Grap</b> <i>Adult - BJJ/Judo/ Wrestling</i> 6:45 - 8:00 PM DOWNSTAIRS		<b>Strike</b> <i>Adult - Martial Arts</i> 6:45 - 8:00 PM DOWNSTAIRS				<b>SUNDAY</b>
	<b>Yoga</b> <i>Adult - Chikara/ Strengthen</i> 8:15 - 9:00 PM UPSTAIRS		<b>Yoga</b> <i>Adult - Sosei/Restore</i> 8:15 - 9:00 PM UPSTAIRS		<b>Yoga</b> <i>Adult - Antei/Balance</i> 8:15 - 9:00 PM UPSTAIRS				<b>Yoga</b> <i>Adult - Sosei/Restore</i> 11:00 AM- 12:00 PM UPSTAIRS
									<b>Grap</b> <i>Adult - BJJ/Judo/ Wrestling</i> 11:00 - 12:00 PM DOWNSTAIRS

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

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