

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

[effective January 2, 2018]

Yoga

Chikara/Strengthen
9:45 - 10:30 AM
Adult UPSTAIRS

Yoga

Sosei/Restore
9:45 - 10:45 AM
Adult UPSTAIRS

evolveall

5818 Seminary Rd. Falls Church, VA 22041
703-585-4325 | www.evolveall.com

Cardi-Yoga

8:45 - 9:15 AM
Adult UPSTAIRS

Yoga

Chikara/Strengthen
9:15 - 10:00 AM
Adult UPSTAIRS

Jiu-Jitsu

11:00 - 12:00 PM
Adult DOWNSTAIRS

Jiu-Jitsu

11:00 - 12:00 PM
Adult DOWNSTAIRS

YMA

5 - 7 yrs
4:30 - 5:15 PM
DOWNSTAIRS

YMA

8 - 10 yrs
4:30 - 5:15 PM
DOWNSTAIRS

YMA

5 - 7 yrs
4:30 - 5:15 PM
DOWNSTAIRS

YMA

8 - 10 yrs
4:30 - 5:15 PM
DOWNSTAIRS

Yoga

Antei/Balance
12:15 - 1:00 PM
Adult UPSTAIRS

YMA

5 - 7 yrs
11:00-11:45 AM
DOWNSTAIRS

YMA

8 - 10 yrs
5:15 - 6:00 PM
DOWNSTAIRS

YMA

5 - 7 yrs
5:15 - 6:00 PM
DOWNSTAIRS

YMA

8 - 10 yrs
5:15 - 6:00 PM
DOWNSTAIRS

Boot Camp

5:30 - 6:15 PM
Adult GYM

YMA

5 - 7 yrs
5:15 - 6:00 PM
DOWNSTAIRS

YMA

8 - 10 yrs
11:45 AM-12:30 PM
DOWNSTAIRS

Youth Black Belt

6:00 - 6:45 PM
DOWNSTAIRS

Boot Camp

6:00 - 6:45 PM
Adult GYM

Teen

11 - 15 yrs
6:00 - 6:45 PM
DOWNSTAIRS

Power Lifting

6:00 - 6:45 PM
Adult GYM

Youth Black Belt

6:00 - 6:45 PM
DOWNSTAIRS

Yoga

Antei/Balance
6:15 - 7:00 PM
Adult UPSTAIRS

Teen

11 - 15 yrs
6:00 - 6:45 PM
DOWNSTAIRS

Power Lifting

6:00 - 6:45 PM
Adult GYM

Spar

Yellow Solids & Above
5:30 - 6:30 PM
DOWNSTAIRS

Teen

11 - 15 yrs
12:30 - 1:15 PM
DOWNSTAIRS

Jiu-Jitsu

6:45 - 8:00 PM
Adult DOWNSTAIRS

Beginner Jiu-Jitsu

6:45 - 8:00 PM
Adult DOWNSTAIRS

Jiu-Jitsu

6:45 - 8:00 PM
Adult DOWNSTAIRS

Beginner Jiu-Jitsu

6:45 - 8:00 PM
Adult DOWNSTAIRS

Boot Camp

6:00 - 6:45 PM
Adult GYM

Advanced Striking

8:00 - 9:00 PM
Adult DOWNSTAIRS

Beginner Striking

8:00 - 8:45 PM
Adult DOWNSTAIRS

Cardi-Yoga

7:40 - 8:10 PM
Adult UPSTAIRS

Beginner Striking

8:00 - 8:45 PM
Adult DOWNSTAIRS

Yoga

Chikara/Strengthen
8:15 - 9:00 PM
Adult UPSTAIRS

Yoga

Sosei/Restore
8:15 - 9:00 PM
Adult UPSTAIRS

Yoga

Antei/Balance
8:15 - 9:00 PM
Adult UPSTAIRS

SUNDAY

Yoga

Sosei/Restore
11:00 AM- 12:00 PM
Adult UPSTAIRS

Family Jiu-Jitsu

11:00 - 12:00 PM
DOWNSTAIRS