

## ADULT CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN	OPEN	YOGA <i>Sosei - Restore</i> 9:45 - 10:45 AM	OPEN	OPEN	YOGA <i>Chikara - Strengthen</i> 8:45 - 9:45 AM
OPEN	OPEN	OPEN	GYM BASICS <i>Corrective Exercises</i> 5:15 - 6:00 PM	OPEN	CARDIO RHYTHM <i>Dance fitness</i> 10:00 - 10:45 AM
GYM BASICS <i>Corrective Exercises</i> 6:00 - 6:45 PM	OPEN	OPEN	OPEN	OPEN	CARDIO RHYTHM <i>Dance fitness</i> 10:00 - 10:45 AM
SPARRING 6:45 - 7:30 PM	MARTIAL ARTS 6:45 - 7:45 PM	SPARRING 6:45 - 7:30 PM	MARTIAL ARTS 6:45 - 7:45 PM	OPEN	YOGA <i>Sosei - Restore</i> 11:00 AM - 12:00 PM
CARDIO RHYTHM <i>Dance fitness</i> 7:30 - 8:15 PM	CARDIO RHYTHM <i>Dance fitness</i> 7:45 - 8:30 PM	CARDIO RHYTHM <i>Dance fitness</i> 7:30 - 8:15 PM	YOGA <i>Antei - Balance</i> 8:00 - 8:45 PM	OPEN	
YOGA <i>Antei - Balance</i> 8:15 - 9:00 PM	OPEN	OPEN	OPEN		

**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 - Closed (except for yoga)



940 S. George Mason Dr. Arlington, VA 22204 | 703-585-4325 | [www.evolveall.com](http://www.evolveall.com)

V. 3.8 Effective 9/20/2015

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## ADULT PROGRAM PRICES

1st class is FREE for all classes

\$10/drop-in after first class

\$75/month membership

Monthly membership includes all adult classes and open gym.

Adult program is for students ages 16 and up. Parent signature required for students under 18 years old.

Open gym is available to members only.

Instructor permission required for the Adult Martial Arts Sparring Class.

Schedule and prices are subject to change.

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