

# EVOLVE ALL CLASS SCHEDULE

effective September 20, 2015

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

| LESSON ROOM   | TURF ROOM | POWER ROOM |
|---|-----------|------------|
| YOGA Adults<br>Chikara - Strengthen<br>8:45 - 9:45 AM     | OPEN      | OPEN       |
| CARDIO RHYTHM Adults<br>Dance fitness<br>10:00 - 10:45 AM | OPEN      | OPEN       |
| MARTIAL ARTS Youth<br>All Ranks 5 - 6 yrs                 | OPEN      | OPEN       |
| MARTIAL ARTS Youth<br>All Ranks 7 - 9 yrs                 | OPEN      | OPEN       |
| MARTIAL ARTS Youth<br>All Ranks 10 - 15 yrs               | OPEN      | OPEN       |
| DEMO TEAM<br>1:15 - 2:00 PM                               | OPEN      | OPEN       |

## SUNDAY

| LESSON ROOM                                   | TURF ROOM | POWER ROOM |
|---|-----------|------------|
| YOGA Adults<br>Sosei - Restore<br>11 AM- noon | CLOSED    | CLOSED     |

| LESSON ROOM   | TURF ROOM | POWER ROOM | ASP | LESSON ROOM   | TURF ROOM | POWER ROOM  | ASP | LESSON ROOM   | TURF ROOM | POWER ROOM                                | ASP  | LESSON ROOM   | TURF ROOM | POWER ROOM | ASP | LESSON ROOM   | TURF ROOM | POWER ROOM                                    | ASP  | LESSON ROOM   | TURF ROOM | POWER ROOM |
|---|-----------|------------|-----|---|-----------|---|-----|---|-----------|---|------|---|-----------|------------|-----|---|-----------|---|------|---|-----------|------------|
| OPEN  | OPEN      | OPEN       |     | OPEN  | OPEN      | OPEN  |     | YOGA Adults<br>Sosei - Restore<br>9:45 - 10:45 AM               | OPEN      | OPEN                                      |      | OPEN  | OPEN      | OPEN       |     | OPEN  | OPEN      | OPEN  |      | YOGA Adults<br>Chikara - Strengthen<br>8:45 - 9:45 AM     | OPEN      | OPEN       |
| MARTIAL ARTS Youth<br>Intermediate 5 - 6 yrs<br>4:30 - 5:15 PM  | OPEN      | OPEN       |     | MARTIAL ARTS Youth<br>Beginner 5 - 6 yrs<br>4:30 - 5:15 PM  | OPEN      | OPEN  |     | MARTIAL ARTS Youth<br>Intermediate 5 - 6 yrs<br>4:30 - 5:15 PM  | OPEN      | OPEN                                      |      | MARTIAL ARTS Youth<br>Beginner 5 - 6 yrs<br>4:30 - 5:15 PM  | OPEN      | OPEN       |     | MARTIAL ARTS Youth<br>Advanced all ages<br>4:30 - 5:15 PM       | OPEN      | OPEN  |      | CARDIO RHYTHM Adults<br>Dance fitness<br>10:00 - 10:45 AM | OPEN      | OPEN       |
| MARTIAL ARTS Youth<br>Intermediate 7 - 10 yrs<br>5:15 - 6:00 PM | OPEN      | OPEN       |     | MARTIAL ARTS Youth<br>Beginner 7 - 10 yrs<br>5:15 - 6:00 PM | OPEN      | OPEN  |     | MARTIAL ARTS Youth<br>Intermediate 7 - 10 yrs<br>5:15 - 6:00 PM | OPEN      | OPEN                                      |      | MARTIAL ARTS Youth<br>Beginner 7 - 10 yrs<br>5:15 - 6:00 PM | OPEN      | OPEN       |     | GYM BASICS Adults<br>Corrective Exercises<br>5:15 - 6:00 PM     | CARE      | SPARRING Youth<br>All ranks<br>5:15 - 6:00 PM | OPEN | OPEN  | OPEN      | OPEN       |
| MARTIAL ARTS Youth<br>Advanced all ages<br>6:00 - 6:45 PM       | OPEN      | OPEN       |     | GYM BASICS Adults<br>Corrective Exercises<br>6:00 - 6:45 PM | CARE      | MARTIAL ARTS Youth<br>11 and up All Ranks<br>6:00 - 6:45 PM |     | MARTIAL ARTS Youth<br>Super Advanced all ages<br>6:00 - 6:45 PM |           | MARTIAL ARTS Black Belt<br>6:00 - 6:45 PM | OPEN | MARTIAL ARTS Youth<br>11 and up All Ranks<br>6:00 - 6:45 PM | OPEN      | OPEN       |     | MARTIAL ARTS Youth<br>Super Advanced all ages<br>6:00 - 6:45 PM |           | MARTIAL ARTS Black Belt<br>6:00 - 6:45 PM     | OPEN | OPEN  | OPEN      | OPEN       |
| SPARRING Adults<br>6:45 - 7:30 PM                               | OPEN      | OPEN       |     | MARTIAL ARTS Adults<br>6:45 - 7:45 PM                       | CARE      | DEMO TEAM<br>6:45 - 7:30 PM                                 |     | SPARRING Adults<br>6:45 - 7:30 PM                               |           | LEADERSHIP<br>6:45 - 7:30 PM              | OPEN | MARTIAL ARTS Adults<br>6:45 - 7:45 PM                       | OPEN      | OPEN       |     | MARTIAL ARTS Adults<br>6:45 - 7:45 PM                           |           | MARTIAL ARTS TRICKING<br>6:45 - 7:45 PM       | OPEN | CARE  | OPEN      | OPEN       |
| CARDIO RHYTHM Adults<br>Dance fitness<br>7:30 - 8:15 PM         | OPEN      | OPEN       |     | CARE  | CARE      | OPEN  |     | CARDIO RHYTHM Adults<br>Dance fitness<br>7:30 - 8:15 PM         |           | OPEN                                      | OPEN | OPEN  | OPEN      | OPEN       |     | YOGA Adults<br>Antei - Balance<br>8:00 - 8:45 PM                |           | OPEN  | OPEN | CARE  | OPEN      | OPEN       |
| YOGA Adults<br>Antei - Balance<br>8:15 - 9:00 PM                | OPEN      | OPEN       |     | OPEN  | OPEN      | OPEN  |     | OPEN  | OPEN      | OPEN                                      |      | OPEN  | OPEN      | OPEN       |     | OPEN  | OPEN      | OPEN  |      | OPEN  | OPEN      | OPEN       |

**Youth Martial Arts Ranks:**

- Beginners - white belts and yellow stripes
- Intermediate - green stripes, blue stripes, and red stripes
- Advanced - yellow and green solid belts
- Super Advanced - blue, red and black solids

\*Open gym is available to members only.

\*\*Instructor invitation required for the Adult Sparring Class.

**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)

**evolveall**  
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