



www.evolveall.com 1058 S. Walter Reed Dr. Arlington VA, 22204 703-585-4325 welcomecrew@evolveall.com

### **MONDAY**

2-9PM (open hours)

2:00 - 4:00PM

4:30 - 5:15PM

5:30 - 6:15PM

6:30 - 7:15PM

**OPEN GYM** 

5-7 YEAR OLD MARTIAL ARTS

8 - 10 YEAR OLD MARTIAL ARTS

BLACK/RED SOLID MARTIAL ARTS

WOMEN'S KICKBOXING

7:30 - 8:30PM

**TAI CHI** 

GI JIU JITSU

#### **TUESDAY** 11AM-9PM

12:00 - 1:00PM

1:15 - 2:00PM **BOOTCAMP** 

**FITNESS** 

2:00 - 4:00PM

4:30 - 5:15PM

5:30 - 6:15PM 8 - 10 YEAR OLD 6:30 - 7:15PM

**STRIKING MARTIAL ARTS** 

**NOGI JIU JITSU** 

**OPEN GYM** 

5-7 YEAR OLD **MARTIAL ARTS** 

MARTIAL ARTS

TEEN 11 AND UP MARTIAL ARTS

**NOGI JIU JITSU** 

**BOOTCAMP FITNESS** 

**YOGA** 

#### WEDNESDAY

2-9PM

2:00 - 4:00PM **OPEN GYM** 

4:30 - 5:15PM 5-7 YEAR OLD

**MARTIAL ARTS** 

5:30 - 6:15PM 8 - 10 YEAR OLD

**MARTIAL ARTS** 

6:30 - 7:15PM

**WOMEN'S KICKBOXING** 

**BLACK/RED SOLID MARTIAL ARTS** 

BOXING

WOMEN'S JIU JITSU

**MARTIAL ARTS** 

**NOGI JIU JITSU** 

## **THURSDAY**

**GI JIU JITSU** 

12:00 - 1:00PM

1:15 - 2:00PM **BOOTCAMP FITNESS** 

2:00 - 4:00PM **OPEN GYM** 

4:30 - 5:15PM 5-7 YEAR OLD

**MARTIAL ARTS** 

5:30 - 6:15PM 8 - 10 YEAR OLD 6:30 - 7:15PM TEEN 11 AND UP

**STRIKING MARTIAL ARTS** 

**BOOTCAMP FITNESS** 

MARTIAL ARTS

**NOGI JIU JITSU** 

# 11AM-9PM

**FRIDAY NOGI JIU JITSU** 

12:00 - 1:00PM

1:00 - 4:00PM **OPEN GYM** 

4:00 - 5:00PM **INSTRUCTOR** 

**TRAINING** 

5:15 - 6:00PM

**TEEN SPARRING** 

11AM-7PM

9:00 - 10AM

10:00 - 10:45AM

11:00 - 11:45AM

12:00 - 12:45PM

SATURDAY 9AM-1PM

**YOGA** 

5-7 YEAR OLD **MARTIAL ARTS** 

8 - 10 YEAR OLD MARTIAL ARTS

TEEN ALL RANKS

**BOOTCAMP FITNESS** 

JIU JITSU OPEN MAT MEMBERS ONLY

YOUTH MARTIAL ARTS **JIU JITSU STRIKING** 

**FITNESS** 

**PROGRAM KEY** 

TAI CHI

**YOGA** 

WOMEN ONLY