


Monday	Tuesday	Wednesday	Thursday	Friday	
	evolution MARTIAL ARTS ACADEMY			Lil Ninjas Age 4 - 6 (4:30 to 5pm)	
				Combat Kids - Age 6 - 14 (5pm to 6pm)	
				Sparring Stand up & Ground (6 - 7:30pm)	
		Combat Kickboxing/MMA Open Class - (12noon to 1pm)		Combat Kickboxing/MMA Open Class - (12noon to 1pm)	Combat Kickboxing/MMA Open Class - (7:30 to 8:30pm)
		Open Mat/Bags/Kettle bells (1 to 3:30pm)		Kettlercise (1:15pm to 2:15pm)	Saturday
Lil Ninjas Age 4 - 6 (3:45 to 4:15pm)	Lil Ninjas Age 4 - 6 (3:45 to 4:15pm)	Lil Ninjas Age 4 - 6 (3:45 to 4:15pm)	Lil Ninjas Age 4 - 6 (3:45 to 4:15pm)	Lil Ninjas Age 4 - 6 (9:30am to 10am)	
Lil Ninjas Age 4 - 6 (4:15 to 4:45pm)	Lil Ninjas Age 4 - 6 (4:15 to 4:45pm)	Lil Ninjas Age 4 - 6 (4:15 to 4:45pm)	Lil Ninjas Age 4 - 6 (4:15 to 4:45pm)	Combat Kids - Age 6 - 14 (10am to 11am)	
Combat Kids - Age 6 - 9 (4:45 to 5:30pm)	Combat Kids - Age 6 - 9 (4:45 to 5:30pm)	Combat Kids - Age 6 - 9 (4:45 to 5:30pm)	Combat Kids - Age 6 - 9 (4:45 to 5:30pm)	Combat Kickboxing/MMA Open Class - (11am to 12)	
Combat Kids - Age 9 - 14 (5:30 to 6:30pm)	Combat Kids - Age 9 - 14 (5:30 to 6:30pm)	Combat Kids - Age 9 - 14 (5:30 to 6:30pm)	Combat Kids - Age 9 - 14 (5:30 to 6:30pm)		
Combat Kickboxing/MMA Beg - (6:30 to 7:30pm)	Combat Kids - Brown/Black Belts Only - (6:30 to 7:30pm)	Combat Kickboxing/MMA Beg (6:30 to 7:30pm)	Combat Kids - Brown/Black Belts Only - (6:30 to 7:30pm)	Sunday	
Combat Kickboxing/MMA Adv - (7:30 to 8:30pm)	10th Planet No Gi Jiu Jitsu Beg - (7:30 to 8:30pm) Adv - (7:30 to 9pm)	Combat Kickboxing/MMA Adv - (7:30 to 8:30pm)	10th Planet No Gi Jiu Jitsu Beg - (7:30 to 8:30pm) Adv - (7:30 to 9pm)	10th Planet No Gi Jiu Jitsu Fundamental's (10am to 11am)	