


Evo BJJ Mat Schedule Effective January 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|---|
| | 12:00-1:00 PM Lunch Class Adults No Gi | | 12:00-1:00 PM Lunch Class Adults No Gi | | 10:00-12:00 PM All Levels Open Mat |
| 4:00-4:50 PM All Levels Kids Gi (7-12) | 4:00-4:50 PM All Levels Kids No Gi (7-12) | 4:30-5:30 PM All Levels Kids Gi (7-12) | 4:00-4:50 PM All Levels Kids No Gi (7-12) | 4:30-5:30 PM Competition Kids Gi | *10:00-11:00 AM Competition Kids Conditioning |
| 4:30-5:30 PM All Levels Women's Gi | 4:30-5:30 PM All Levels Women's No Gi | | 4:30-5:30 PM All Levels Women's No Gi | | |
| 5:00-5:30 PM All Levels Kids Gi (3-6) | 5:00-5:30 PM All Levels Kids No Gi (3-6) | | 5:00-5:30 PM All Levels Kids No Gi (3-6) | | |
| 5:00-5:50 PM All Levels Teen Gi | 5:00-5:50 PM All Levels Teen No Gi | 4:30-5:30 PM All Levels Teen Gi | 5:00-5:50 PM All Levels Teen No Gi | | |
| 5:30-6:30 PM Fundamental Adults Gi | 5:30-6:30 PM Fundamental Adults No Gi | 5:30-6:30 PM Fundamental Adults Gi | 5:30-6:30 PM Fundamental Adults No Gi |  | |
| 6:00-7:00 PM Technique Adults Gi | 6:00-7:00 PM Technique Adults No Gi | 5:30-6:30 PM Competition Kids Gi | 6:00-7:00 PM Technique Adults No Gi | | |
| 7:00-7:30 PM Competition Adults Gi | 7:00-7:30 PM Competition Adults No Gi | | 7:00-7:30 PM Competition Adults No Gi | | |
| | | | | | |