

EVOLVE

Training Times

Evolve Martial Arts

Springtown Industrial Estate, Springtown Avenue, Springtown Road,
Derry BT48 OLY

	6:00 pm – 7:00 pm	Fighting Fit
Monday	7:15 pm – 8:15 pm	Beginners MMA (Mixed Martial Arts)
	8:30 pm – 10:00 pm	MMA (Mixed Martial Arts)
	6:15 pm – 7:15 pm	Conditioning / Grappling / Striking
Tuesday	7:30 pm – 8:45 pm	FSK (Freestyle Kung Fu)
	9:00 pm – 10:15 pm	Ju-Jitsu (WJJF)
	6:15 pm – 7:15 pm	Strength and Conditioning
Wednesday	7:30 pm – 8:30 pm	Wrestling
	8:45 pm – 10:00 pm	BJJ (Brazilian Ju-Jitsu)
	6:00 pm – 7:00 pm	Little Dragons (kids class, 7+)
Thursday	7:15 pm – 8:15 pm	FSK (Freestyle Kung Fu)
	8:30 pm – 10:00 pm	MMA (Mixed Martial Arts)
	6:30 pm – 7:30 pm	Strength and Conditioning
Friday	7:45 pm – 9:15 pm	Aikido
	9:30 am – 10:30 am	Little Dragons (kids class, 7+)
Saturday	10:45 am – 11:45 am	Beginners MMA (Mixed Martial Arts)
	12:00 am – 1:15 pm	Ju-Jitsu (WJJF)
Sunday	11:00 am – 2:30 pm	Open Session

Evolve Mixed Martial Arts

Roe Valley Leisure Centre, 9 Greystone Road,
Limavady BT48 OLY

Tuesday	7:00 pm – 8:30 pm	Beginners MMA (Mixed Martial Arts)
Wednesday	9:00 pm – 10:15 pm	Ju-Jitsu (WJJF)
Thursday	6:30 pm – 7:30 pm	Wrestling (Alternate weeks)
Saturday	11:00 am – 12:30 pm	Beginners MMA (Mixed Martial Arts)
Sunday	12:00 am – 3:00 pm	Open session

Evolve – Ju-Jitsu (WJJF)

Dungiven Sports Pavilion, 3 Chapel Road, Limavady BT47 4RS

Wednesday	9:00 pm – 10:00 pm	Ju-Jitsu (WJJF)
-----------	--------------------	-----------------

For Further Information, Contact:
John Rosborough – 077 3423 5859
or
Jason McCabe – 078 1237 7469

or

email: info@evolvemartialarts.com