

# EVOLVE TIMETABLE

**Evolve HQ** – Unit 7b, Springtown Industrial Estate, Springtown Avenue, Springtown Road, Derry, BT48 0LY

Monday	6:00pm to 7:00pm	Boxercise/Fighting Fit (Weight Loss)
	7:15pm to 8:15pm	Mixed Martial Arts - Beginners
	8:30pm to 10:00pm	Mixed Martial Arts - Intermediate / Advanced
Tuesday	4:15pm to 5:15pm	After schools club - Ju-Jitsu(WJF)
	6:00pm to 7:00pm	Strength and Conditioning
	7:30pm to 8:45pm	Freestyle Kung Fu
	9:00pm to 10:15pm	Ju-Jitsu (WJF)
Wednesday	6:15pm to 7:15pm	Strength and Conditioning
Thursday	10:00am to 12:00pm	Open session
	6:00pm to 7:00pm	Little Dragons (Kids class, 7+)
	7:15pm to 8:45pm	Mixed Martial Arts - Intermediate / Advanced
	9:00pm to 10:00pm	Wrestling
Friday	10:00am to 12:00pm	Open session
	6:30pm to 7:30pm	Strength and Conditioning
Saturday	9:30am to 10:30am	Little Dragons (Kids class, 7+)
	10:45am to 11:45am	Mixed Martial Arts - Beginners
	12:00pm to 1:15pm	Ju-Jitsu (WJF)
Sunday	11:00am to 12:00pm	Wrestling

## Contact the following for more information

Freestyle Kung Fu Ju-Jitsu (WJF)	John 077-3423-5859	John@EvolveMartialArts.Com
Mixed Martial Arts Little Dragons	Jason 078-1237-7469	Jason@EvolveMartialArts.Com
Boxercise Fighting Fit	Charnelle 079-7963-7936	Charnelle@EvolveMartialArts.Com
Strength and Conditioning	Seamus 079-3627-1243	
Wrestling	Marty 078-3563-5306	