



X3 Sports is a great way to increase strength, flexibility, and cardio vascular fitness while learning self-defense and most importantly **HAVING FUN!** At X3 Sports we encourage you to bring in your friends and family. For information or to schedule your first free training session, see any of our X3 Sports Staff or call us at 678-903-0100. Marietta schedule effective April 19th 2010 .

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	Kickboxing		Kickboxing		Kickboxing		
9:00am						Kickboxing	
10:00am	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing
1:00pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing
4:30pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
5:30pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
6:30pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
7:30pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Boxing	Boxing	Boxing	Boxing	Boxing		
11:00am						Boxing	
12:00pm						Adv. Boxing	
6:00pm	Boxing	Boxing	Boxing	Boxing			
7:00pm		Adv. Boxing		Adv. Boxing			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:30am		Fast track		Fast Track			
9:00am						Fast Track	
12:00pm	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track	
6:00pm	Fast Track	Fast Track	Fast Track	Fast Track			
7:00pm		Fast Track		Fast Track			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
12:00pm	GIBJJ	MMA	GIBJJ	MMA	GIBJJ	1pm No GIBJJ	11am No GIBJJ
7:00pm	GIBJJ	GIBJJ	GIBJJ	GIBJJ			
8:00pm	No GIBJJ		No GIBJJ				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
12:00pm						Muay Thai	
6:00pm	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

Marietta Youth/Teen Schedule Effective April 19th 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am						Youth Boxing	
11:00am						Youth Sports Training	
						Youth GI BJJ	
12:00 pm							Youth Sports Training
1:00 pm							Youth Boxing
4:45pm-6:00pm		Teen Sports Performance		Teen Sports Performance			
5:00pm	Youth GI BJJ	Youth GI BJJ	Youth GI BJJ	Youth GI BJJ			
6:00pm	Youth Boxing	Youth Boxing	Youth Boxing	Youth Boxing	Youth Boxing		
7:00pm	Youth Sports Training		Youth Sports Training				

Youth = 6-12 years old

Teen = 13-19 years old. Teens are also permitted to take any adult class offered depending on which program they are signed up for.