



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 404-525-2269. Midtown schedule effective April 19th 2010 .

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

Midtown Youth/Teen Schedule Effective April 19th, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am						Youth GI BJJ	
10:00am						Youth Boxing	
						Teen Sports Performance	
12:00 pm							
1:00 pm							
4:30 pm	Youth Boxing		Youth Boxing		Youth Boxing		
5:00pm		Youth GI BJJ		Youth GI BJJ			
7:30pm		Teen Sports Performance		Teen Sports Performance			

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.