

X3 SPORTS WEST MIDTOWN

WEEKLY CLASS SCHEDULE



X1

Kickboxing
Boxing
Fast Track

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Kickboxing		Kickboxing		Kickboxing		
9:00 AM						Kickboxing	
10:00 AM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing
12:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
1:00 PM						Kickboxing	Kickboxing
5:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
6:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
7:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
8:00 PM	Kickboxing	Kickboxing	Kickboxing				
11:00 AM	Boxing		Boxing		Boxing	Boxing	
12:00 PM						Youth Boxing	
4:30 PM		Youth Boxing		Youth Boxing			
5:30 PM	Boxing	Boxing	Boxing	Boxing			
6:30 PM	Boxing	Boxing	Boxing	Boxing			
7:30 PM	Boxing	Advanced Boxing	Boxing	Advanced Boxing			
6:30 AM		Fast Track		Fast Track			
9:00 AM						Fast Track	
11:00 AM							Fast Track
12:00 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track	
5:30 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track		
6:30 PM	Fast Track	Fast Track	Fast Track	Fast Track			
7:30 PM	Fast Track	Fast Track	Fast Track	Fast Track			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Power Track	Power Track	Power Track	Power Track	Power Track		
10:00 AM						Power Track	
12:00 PM	Power Track	Power Track	Power Track	Power Track	Power Track		Power Track
6:00 PM	Power Track	Power Track	Power Track	Power Track	Power Track		
7:00 PM	Power Track	Power Track	Power Track	Power Track			
10:00 AM						Muay Thai Unified 1 st Sat. of Month	
11:00 AM		Muay Thai		Muay Thai			
6:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			
11:00 AM						Yoga	Yoga
7:30 PM	Yoga		Yoga				

X2

PowerTrack
Muay Thai
Yoga

UPDATED: 3/10/2017 – For more info, visit <http://x3sports.com/schedules/> or contact the General Manager: 678-903-0100 ext. 3



BJJ
MMA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM						Youth BJJ	
11:00 AM						Unified BJJ (Check location)	
12:00 PM	BJJ	BJJ	BJJ	BJJ	BJJ		BJJ (Open Mat, Check location)
4:30 PM	Youth BJJ		Youth BJJ				
6:30 PM	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals			
7:30 PM	BJJ Advanced	BJJ Advanced	BJJ Advanced	BJJ Advanced			

All BJJ Classes will be GI until otherwise noted. BJJ Advanced is for Blue Belt and higher.

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