

# X3 SPORTS

## PERFORMANCE DAY SCHEDULE

Performance Assessment Day, held every 2<sup>nd</sup> Saturday from 1pm-3pm once a quarter per location, involves class drills and fitness techniques to measure speed, agility, endurance and overall performance for X3 members.

For more information, please see the Training Department, or visit :

<http://www.x3sports.com/performanceday>

Month	Location
January	Inman Park
February	Marietta
March	West Midtown
April	Inman Park
May	Marietta
June	West Midtown
July	Inman Park
August	Marietta
September	West Midtown
October	Inman Park
November	Marietta
December	West Midtown



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For questions, call 678-903-0100.