

X3 SPORTS EAST COBB

WEEKLY CLASS SCHEDULE



X1

Kickboxing
Boxing
Fast Track

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Kickboxing		Kickboxing		Kickboxing		
10:00 AM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
12:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
1:00 PM						Kickboxing	
5:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
6:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
11:00 AM						Boxing	
12:00 PM						Youth Boxing	
5:30 PM		Youth Boxing		Youth Boxing			
6:30 PM	Boxing	Boxing	Boxing	Boxing			
11:00 AM	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	Fast Track	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM		Power Track		Power Track			
12:00 PM	Power Track		Power Track		Power Track	Power Track	
6:30 PM	Power Track	Power Track	Power Track	Power Track	Power Track		
10:00 AM						Muay Thai <small>Unified 1st Sat. of Month</small>	
6:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM						Youth BJJ	
11:00 AM						BJJ	
12:00 PM	BJJ	BJJ	BJJ	BJJ	BJJ		
5:30 PM	Youth BJJ		Youth BJJ		Youth BJJ		
6:30 PM	BJJ	BJJ	BJJ	BJJ			

X2

PowerTrack
Muay Thai

X3

BJJ