

# X3 SPORTS INMAN PARK

## WEEKLY CLASS SCHEDULE



### X1

Kickboxing  
Boxing  
Fast Track  
Yoga

	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
4:00 & 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	
5:30 PM	Boxing	Boxing	Boxing	Boxing	Boxing		
6:30 PM	Boxing	Boxing	Boxing	Boxing			
6:30 AM		Fast Track		Fast Track			
9:00 & 10:00 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 & 6:30 PM	Fast Track	Fast Track	Fast Track	Fast Track			
7:30 PM	Fast Track	Fast Track	Fast Track	Fast Track			
10:00 AM						Yoga	Yoga

### X2

Advanced  
Boxing  
Power Track  
Muay Thai

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 PM	Adv. Boxing (30 min)		Adv. Boxing (30 min)				
6:00 AM	Power Track		Power Track		Power Track		
7:00 AM	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
5:00 & 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 <sup>st</sup> Sat. of Month at West Midtown	
12:00 PM		Muay Thai		Muay Thai			
7:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

### X3

BJJ  
MMA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 AM						BJJ	BJJ (Open Mat)
12:00 PM	BJJ	BJJ	BJJ	BJJ	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.

# X3 SPORTS INMAN PARK



## YOUTH / TEEN WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM						Youth BJJ	
12:00 PM						Youth Boxing	
4:30 PM	Youth Boxing	Youth Intro BJJ	Youth Boxing	Youth Intro BJJ			
5:00 PM		Youth BJJ		Youth BJJ			