

X3 SPORTS MARIETTA

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
4:30 PM & 5:30 PM & 6:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
7:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
11:00 AM		Boxing		Boxing		Boxing	
5:30 PM	Boxing	Boxing	Boxing	Boxing	Boxing		
6:30 PM	Boxing	Boxing	Boxing	Boxing			
7:30 PM	Boxing		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	
5:00 PM	Fast Track	Fast Track	Fast Track	Fast Track			
6:00 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track		
7:00 PM	Fast Track	Fast Track	Fast Track	Fast Track			
11:30 AM						Yoga	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 PM						Adv. Boxing	
7:30 PM		Adv. Boxing		Adv. Boxing			
6:30 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
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 @ West Midtown	
12:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			
6:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

X2

Advanced
Boxing
PowerTrack
Muay Thai



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 AM						BJJ	
12:00 PM	BJJ	BJJ	BJJ	BJJ	BJJ		BJJ (Open Mat)
6:00 PM							
6:30 PM	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ (Open Mat)		
7:30 PM	BJJ Advanced	BJJ Advanced	BJJ Advanced	BJJ Advanced			
8:30 PM	MMA	MMA	MMA	MMA			

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

X3 SPORTS MARIETTA

YOUTH / TEEN WEEKLY SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM						Youth Boxing Youth GI BJJ	
11:00 AM						Youth Fast Track	
12:00 PM							Youth Fast Track
1:00 PM							Youth Boxing
4:30 PM	Youth Boxing		Youth Boxing				
5:00 PM		Youth GI BJJ		Youth GI BJJ			