

X3 SPORTS WEST MIDTOWN

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 |
| 5:00 PM | Kickboxing | Kickboxing | Kickboxing | Kickboxing | Kickboxing | | |
| 6:00 PM | Kickboxing | Kickboxing | Kickboxing | Kickboxing | Kickboxing | | |
| 7:00PM | 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 | | 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 | | | |
| 11:00 AM | | | | | | Yoga | Yoga |

X2

PowerTrack
Advanced
Boxing
Muay Thai

| | 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 |
| 5:00 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 | | | |
| 7:30pm | | Advanced Boxing | | Advanced Boxing | | | |
| 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 | | | |

UPDATED: 1/24/2018 – 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 |
|----------|------------------|-----------------------|------------------|------------------|-----------|-----------|----------------|
| 6:30 AM | BJJ | | BJJ | | BJJ | | |
| 10:00 AM | | | | | | Youth BJJ | |
| 11:00 AM | | | | | | BJJ | |
| 12:00 PM | BJJ | BJJ | BJJ | BJJ | BJJ | | BJJ (Open Mat) |
| 4:30 PM | Youth BJJ | | Youth BJJ | | | | |
| 5:30 pm | | BJJ Fundamentals | | BJJ Fundamentals | | | |
| 6:30 PM | BJJ Fundamentals | BJJ Fundamentals | BJJ Fundamentals | BJJ Fundamentals | No-GI BJJ | | |
| 7:30 PM | BJJ Advanced | No-GI 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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