

# X3 SPORTS EAST COBB

## WEEKLY CLASS SCHEDULE



**X1**  
KICKBOXING  
BOXING  
FAST TRACK

HOURS	6:00 AM - 9:00 PM	9:00 AM - 9:00 PM	6:00 AM - 9:00 PM	9:00 AM - 9:00 PM	6:00 AM - 8:00 PM	8:00 AM - 2:00 PM	CLOSED
TIME	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		
TIME	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	
6:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			
TIME	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	BJJ		
* NOTE	All BJJ classes will be GI unless otherwise noted. *BJJ Advanced is for BLUE BELT and higher.						

**X2**  
POWER TRACK  
MUAY THAI

**X3**

BRAZILIAN  
JIU JITSU