

# X3 SPORTS INMAN PARK

## WEEKLY CLASS SCHEDULE



### X1 KICKBOXING BOXING YOGA FAST TRACK

HOURS	6:00 AM - 9:00 PM	6:00 AM - 9:00 PM	6:00 AM - 9:00 PM	6:00 AM - 9:00 PM	6:00 AM - 7:00 PM	8:00 AM - 2:00 PM	8:00 AM - 2:00 PM
TIME	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	
4:00, 5:00, & 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			
10:00 AM						Yoga	
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, & 7:30 PM	Fast Track	Fast Track	Fast Track	Fast Track			

### X2 POWER TRACK ADV. BOXING MUAY THAI

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	Power Track	
5:00 PM	Power Track	Power Track	Power Track	Power Track			
5:30 PM						Power Track	
6:00 & 7:00 PM	Power Track	Power Track	Power Track	Power Track			
7:30 PM	Adv. Boxing (30 min)		Adv. Boxing (30 min)				
10:00 AM						Muay Thai	
12:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			
7:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

# X3

BRAZILIAN  
JIU JITSU

TIME	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*			
* NOTE	All BJJ classes will be GI unless otherwise noted. *BJJ Advanced is for BLUE BELT and higher.						

# Youth

# X1/X3

TIME	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			

UPDATED: 4/1/2018 | For more information, visit us at [x3sports.com/schedules/](http://x3sports.com/schedules/) or call us at 678-903-0100 ext. 2.