

# X3 SPORTS WEST MIDTOWN

## WEEKLY CLASS SCHEDULE



**X1**  
KICKBOXING  
BOXING  
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 - 8:00 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	Kickboxing
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 & 6:30 PM	Boxing	Boxing	Boxing	Boxing			
7:30 PM	Boxing		Boxing				
11:00 AM						Yoga	Yoga
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 & 7:30 PM	Fast Track	Fast Track	Fast Track	Fast Track			

**X2**  
POWER TRACK  
MUAY THAI

TIME	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 & 6:00 PM	Power Track	Power Track	Power Track	Power Track	Power Track		
7:00 PM	Power Track	Power Track	Power Track	Power Track			
7:30 PM		Advanced Boxing		Advanced Boxing			
10:00 AM						Muay Thai	
11:00 AM		Muay Thai		Muay Thai			
6:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

# X3

BRAZILIAN  
JIU JITSU

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	BJJ		BJJ		BJJ		
11:00 AM						BJJ	
12:00 PM	BJJ	BJJ	BJJ	BJJ	BJJ		BJJ (Open Mat)
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			
* 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
10:00 AM						Youth BJJ	
12:00 PM						Youth Boxing	
4:30 PM	Youth BJJ	Youth Boxing	Youth BJJ	Youth Boxing			

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. 3.