

X3 SPORTS MARIETTA

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 - 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
4:30, 5:30, & 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				
11:30 AM						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	
5:00 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			
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
6:00 PM	Power Track	Power Track	Power Track	Power Track	Power Track		
7:00 PM	Power Track	Power Track	Power Track	Power Track			
12:00 PM						Adv. Boxing (30 min)	
7:30 PM		Adv. Boxing (30 Min)		Adv. Boxing (30 Min)			
10:00 AM						Muay Thai	
12:00 PM	Muay Thai		Muay Thai				
6:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

X2
POWER TRACK
ADV. BOXING
MUAY THAI

X3

BRAZILIAN
JIU JITSU

TIME	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					BJJ (Open Mat)		
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.						
7:30 PM	MMA		MMA				
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM						Youth Boxing / Youth 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 BJJ		Youth BJJ			
* NOTE	All BJJ classes will be GI unless otherwise noted.						

Youth X1/X3

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