



WEEKLY CLASS SCHEDULE WEST MIDTOWN

- X1: KICKBOXING, BOXING, YOGA, FAST TRACK
- X2: POWER TRACK, ADV. BOXING, MUAY THAI
- X3: BRAZILIAN, JIU JITSU

YOUTH

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	9:00 AM - 2:00 PM
X1 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	Kickboxing		Kickboxing		Kickboxing		
10:00 AM	Kickboxing		Kickboxing		Kickboxing	Kickboxing	Kickboxing
12:00 PM		Kickboxing		Kickboxing			
1:00 PM						Kickboxing	Kickboxing
5:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
6:15 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
7:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
11:00 AM	Boxing		Boxing		Boxing	Boxing	
5:30 PM	Boxing	Boxing	Boxing	Boxing			
6:45 PM	Boxing	Boxing	Boxing	Boxing			
8:30 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		
6:45 PM	Fast Track	Fast Track	Fast Track	Fast Track			



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YOUTH

X2 TIMES	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
5:30 PM	Power Track	Power Track	Power Track	Power Track	Power Track		
6:30 PM	Power Track	Power Track	Power Track	Power Track			
7:45 PM		Adv. Boxing		Adv. 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 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	BJJ Fundamentals		BJJ Fundamentals		BJJ Fundamentals		
11:00 AM						BJJ Fundamentals	
12:00 PM	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals		
6:30 PM	BJJ Beginners	BJJ Beginners	BJJ Beginners	BJJ Beginners	BJJ No-Gi		
7:30 PM	BJJ Advanced*	BJJ Advanced*	BJJ Advanced*	BJJ Advanced*			
7:30 PM		BJJ No-Gi		BJJ No-Gi			

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

YOUTH TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM						Youth BJJ	
12:00 PM						Youth Boxing	
4:30 PM		Youth Boxing		Youth Boxing			
5:00 PM	Youth BJJ		Youth BJJ				