



WEEKLY CLASS SCHEDULE

ATHENS

■ X1: KICKBOXING, BOXING, YOGA, FAST TRACK

■ YOUTH

■ X2: POWER TRACK, ADV. BOXING, MUAY THAI

■ X3: BRAZILIAN JIU JITSU

HOURS	5:00 AM - 9:00 PM	5:00 AM - 9:00 PM	5:00 AM - 9:00 PM	5:00 AM - 9:00 PM	5:00 AM - 7:00 PM	8:00 AM - 2:00 PM	8:00 AM - 2:00 PM
X1 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Kickboxing		Kickboxing		Kickboxing		
8:30 AM		Kickboxing		Kickboxing		Kickboxing	
4:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
5:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
8:30 AM						Boxing	
5:00 PM	Boxing	Boxing	Boxing	Boxing			
5:30 AM		Fast Track		Fast Track			
8:00 AM						Fast Track	
8:30 AM	Fast Track		Fast Track		Fast Track		
5:00 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track		



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- YOUTH

X2 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						Power Track	
6:00 PM	Power Track	Power Track	Power Track	Power Track	Power Track		
9:30 AM						Muay Thai	
5:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

X3 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 AM						BJJ Fundamentals	
6:00 PM	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals			

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

YOUTH TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00 PM	Youth Boxing	Youth BJJ	Youth Boxing	Youth BJJ			