



WEEKLY CLASS SCHEDULE
ATHENS

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

HOURS	9:00 AM - 8:00 PM	9:00 AM - 8:00 PM	9:00 AM - 8:00 PM	9:00 AM - 8:00 PM	9:00 AM - 7:00 PM	8:00 AM - 2:00 PM	CLOSED
X1 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM		Kickboxing		Kickboxing		Kickboxing	
12:00 PM		Kickboxing		Kickboxing			
1:00 PM						Kickboxing	
4:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
6:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
12:00 PM						Boxing	
5:30 PM	Boxing	Boxing	Boxing	Boxing			
10:00 AM	Fast Track		Fast Track			Fast Track	
12:00 PM	Fast Track		Fast Track		Fast Track		
5:00 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track		

EFFECTIVE: 08/05/2019 | For more information, visit us at x3sports.com/schedules/ or call us at 678-903-0100 ext. 5.



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YOUTH

X2 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM						Power Track	
6:00 PM	Power Track	Power Track	Power Track	Power Track			
11:00 AM						Muay Thai	
5:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			
X3 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 PM						BJJ Fundamentals	
6:30 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
10:00 AM						Youth BJJ	
11:00 AM						Youth Boxing	
4:30 PM	Youth Boxing	Youth BJJ	Youth Boxing	Youth BJJ			

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