



WEEKLY CLASS SCHEDULE

NORTH MARIETTA

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

YOUTH

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



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X2 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Power Track		Power Track			
10:00 AM						Power Track	
12:00 PM	Power Track	Power Track	Power Track	Power Track	Power Track		
6:30 PM	Power Track	Power Track	Power Track	Power Track			
10:00 AM						Muay Thai	
6:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

X3 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 Beginners		
7:30 PM	BJJ No-Gi	BJJ Advanced*	BJJ No-Gi	BJJ Advanced*			

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	
5:30 PM	Youth BJJ	Youth Boxing	Youth BJJ	Youth Boxing	Youth BJJ		