



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 |             |             |             |
| 6:30 PM  | Power Track | 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 otehrwise 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 |              |        |              |        |