



WEEKLY CLASS SCHEDULE
MARIETTA

- 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
4:45 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
6:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
7:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
11:00 AM		Boxing		Boxing		Boxing	
5:30 PM	Boxing	Boxing	Boxing	Boxing	Boxing		
6:45 PM	Boxing	Boxing	Boxing	Boxing			
11:30 AM						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	
5:30 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track		
6:30 PM	Fast Track	Fast Track	Fast Track	Fast Track			



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X2 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	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				
6:30 PM	Power Track	Power Track	Power Track	Power Track	Power Track		
12:00 PM						Adv. Boxing (30 Min)	
7:45 PM		Adv. Boxing (30 Min)		Adv. Boxing (30 Min)			
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		
6:00 PM					BJJ (Open Mat)		
6:30 PM	BJJ Beginners	BJJ Beginners	BJJ Beginners	BJJ Beginners			
7:30 PM	BJJ Advanced*	BJJ Advanced*	BJJ Advanced*	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	
12:00 PM						Youth Boxing	
1:00 PM							Youth Boxing
4:30 PM	Youth Boxing		Youth Boxing				
5:30 PM		Youth BJJ		Youth BJJ			

EFFECTIVE: 9/7/2019 | For more information, visit us at x3sports.com/schedules/ or call us at 678-903-0100 ext. 1.