



WEEKLY CLASS SCHEDULE
WEST MIDTOWN

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

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

X2 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
10:00 AM										Power Track		
12:00 PM	Power Track		Power Track									
5:00 PM	Power Track	Power Track	Power Track	Power Track	Power Track							
6:30 PM	Power Track	Power Track	Power Track	Power Track	Power Track	Power Track						

COVID-19 Temporary Schedule | EFFECTIVE: 3/17/2020 | For more information, visit us at x3sports.com/schedules/ or call us at 678-903-0100 ext. 3.
 Please be sure to regularly check the website for the most up-to-date schedule during this time. Conditions are being regularly monitored and updates may occur.