



WEEKLY CLASS SCHEDULE

WEST MIDTOWN

■ X1: KICKBOXING, BOXING, YOGA, FAST TRACK

■ YOUTH

■ X2: POWER TRACK, ADV. BOXING, MUAY THAI

■ X3: BRAZILIAN JIU JITSU

HOURS	9:00 AM - 1:00 PM 4:00PM - 8:00 PM	9:00 AM - 1:00 PM 4:00PM - 8:00 PM	9:00 AM - 1:00 PM 4:00PM - 8:00 PM	9:00 AM - 1:00 PM 4:00PM - 8:00 PM	9:00 AM - 1:00 PM 4:00PM - 8:00 PM	9:00 AM - 1:00 PM	CLOSED
X1 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
12:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
5:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
6:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
11:00 AM		Boxing		Boxing		Boxing	
5:00 PM	Boxing	Boxing	Boxing	Boxing			
6:00 PM	Boxing	Boxing	Boxing	Boxing			
9:00 AM	Fast Track		Fast Track		Fast Track	Fast Track	
12:00 PM	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		
6:00 PM	Fast Track	Fast Track	Fast Track	Fast Track			
7:00 PM		Yoga					

X2 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM		Power Track		Power Track			
10:00 AM						Power Track	
11:00 AM	Power Track		Power Track		Power Track		
6:00 PM	Power Track	Power Track	Power Track	Power Track	Power Track		
11:00 AM	Muay Thai		Muay Thai		Muay Thai	Muay Thai	
6:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

EFFECTIVE: 8/1/2020 | 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.

X3 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals		
12:00 PM	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	
6:00 PM	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals			
7:00 PM	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals			

YOUTH TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM						Youth BJJ	
12:00 PM						Youth Boxing	
4:00 PM		Youth Boxing		Youth Boxing			
5:00 PM	Youth BJJ		Youth BJJ				

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