



WEEKLY CLASS SCHEDULE

ATHENS

■ X1: KICKBOXING, BOXING, YOGA, FAST TRACK

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

■ X3: BRAZILIAN JIU JITSU

■ YOUTH

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

| X2 TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|-------------|-------------|-------------|-------------|-------------|-------------|--------|
| 10:00 AM | | Power Track | | Power Track | | Power Track | |
| 11:00 AM | Power Track | | Power Track | | Power Track | | |
| 5:00 PM | Power Track | Power Track | Power Track | Power Track | Power Track | | |
| 11:00 AM | | | | | | Muay Thai | |
| 7:00 PM | Muay Thai | Muay Thai | Muay Thai | Muay Thai | | | |

EFFECTIVE: 4/12/2021 | For more information, visit us at x3sports.com/schedules/ or call us at 678-903-0100 ext. 5.
Please be sure to regularly check the website or app for the most up-to-date schedule.

| X3 TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|------------------|------------------|------------------|------------------|------------------|------------------|--------|
| 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 | BJJ Fundamentals | | |
| 7:00 PM | BJJ Advanced | | BJJ Advanced | | | | |

| YOUTH TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|-----------|--------------|-----------|--------------|--------|--------------|--------|
| 10:00 AM | | | | | | Youth BJJ | |
| 12:00 PM | | | | | | Youth Boxing | |
| 5:00 PM | Youth BJJ | Youth Boxing | Youth BJJ | Youth Boxing | | | |

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