



WEEKLY CLASS SCHEDULE  
**INMAN PARK**

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

| HOURS    | 6:00 AM - 1:00 PM<br>4:00PM - 8:00 PM | 6:00 AM - 1:00 PM<br>4:00PM - 8:00 PM | 6:00 AM - 1:00 PM<br>4:00PM - 8:00 PM | 6:00 AM - 1:00 PM<br>4:00PM - 8:00 PM | 6:00 AM - 1:00 PM<br>4:00PM - 8:00 PM | 6:00 AM - 1:00 PM<br>4:00PM - 7:00 PM | 9:00 AM - 1:00 PM | CLOSED |
|----------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|-------------------|--------|
| X1 TIMES | MONDAY                                | TUESDAY                               | WEDNESDAY                             | THURSDAY                              | FRIDAY                                | SATURDAY                              | SUNDAY            |        |
| 6:30 AM  | Kickboxing                            |                                       | Kickboxing                            |                                       | Kickboxing                            |                                       |                   |        |
| 10:00 AM | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing        |        |
| 12:00 PM | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing        |        |
| 5:00 PM  | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing                            |                   |        |
| 6:00 PM  | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing                            |                   |        |
| 7:00 PM  | Kickboxing                            | Kickboxing                            | Kickboxing                            | Kickboxing                            |                                       |                                       |                   |        |
| 11:00 AM | Boxing                                | Boxing                                | Boxing                                | Boxing                                | Boxing                                | Boxing                                | Boxing            |        |
| 5:00 PM  | Boxing                                | Boxing                                | Boxing                                | Boxing                                | Boxing                                | Boxing                                |                   |        |
| 6:00 PM  | Boxing                                | Boxing                                | Boxing                                | Boxing                                |                                       |                                       |                   |        |
| 6:30 AM  |                                       | Fast Track                            |                                       | Fast Track                            |                                       |                                       |                   |        |
| 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                            | 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                            |                                       |                                       |                   |        |
| 10:00 AM |                                       | Yoga                                  |                                       |                                       |                                       |                                       | Yoga              |        |

| X2 TIMES | MONDAY      | TUESDAY     | WEDNESDAY   | THURSDAY    | FRIDAY      | SATURDAY    | SUNDAY |
|----------|-------------|-------------|-------------|-------------|-------------|-------------|--------|
| 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 |             |        |
| 12:00 PM | Muay Thai   | Muay Thai   | Muay Thai   | Muay Thai   | Muay Thai   | Muay Thai   |        |
| 7:00 PM  | Muay Thai   | Muay Thai   | Muay Thai   | Muay Thai   |             |             |        |

EFFECTIVE: 8/9/2021 | For more information, visit us at [x3sports.com/schedules/](http://x3sports.com/schedules/) or call us at 678-903-0100 ext. 2.  
 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 |
|----------|------------------|------------------|------------------|------------------|------------------|------------------|--------|
| 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 |
|-------------|--------------|-----------|--------------|-----------|--------|--------------|--------|
| 10:00 AM    |              |           |              |           |        | Youth Boxing |        |
| 11:00 AM    |              |           |              |           |        | Youth BJJ    |        |
| 4:00 PM     | Youth Boxing |           | Youth Boxing |           |        |              |        |
| 5:00 PM     |              | Youth BJJ |              | Youth BJJ |        |              |        |

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