



WEEKLY CLASS SCHEDULE
ATHENS

- 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 4:00PM - 8:00 PM	6:00 AM - 1:00 PM 4:00PM - 8:00 PM	6:00 AM - 1:00 PM 4:00PM - 8:00 PM	6:00 AM - 1:00 PM 4:00PM - 8:00 PM	9:00 AM - 1:00 PM 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				
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		
12:00 PM						Boxing	
6:00 PM	Boxing	Boxing	Boxing	Boxing			
6:30 AM		Fast Track		Fast Track			
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: 8/9/2021 | 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					

YOUTH TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM						Youth BJJ	
11:00 AM						Youth Boxing	
5:00 PM	Youth BJJ	Youth Boxing	Youth BJJ	Youth Boxing			

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