



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 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	6:00 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		Kickboxing		
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		
7:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
11:00 AM	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing	
5:00 PM	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	
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	
5:00 PM	Fight & Flow		Fight & Flow				

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: 11/29/2021 | For more information, visit us at 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 No Gi	BJJ Fundamentals	BJJ Fundamentals		
12:00 PM						BJJ Fundamentals	
6:00 PM	BJJ Fundamentals	BJJ Fundamentals	BJJ No Gi	BJJ Fundamentals			
7:00 PM	BJJ Fundamentals	BJJ Fundamentals	BJJ No Gi	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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