



WEEKLY CLASS SCHEDULE
WEST MIDTOWN

- 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			
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			
6:00 PM	Boxing	Boxing	Boxing	Boxing			
6:30 AM	Fast Track		Fast Track		Fast Track		
9:00 AM						Fast Track	
10:00 AM		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			
11:00 AM						Fight & Flow	
7:00 PM	Fight & Flow	Yoga		Fight & Flow			

EFFECTIVE: 04/01/2022 | 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 or app for the most up-to-date schedule.

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		
7:00 PM	Power Track		Power Track				
11:00 AM						Muay Thai	
7:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

X3 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	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 No Gi	BJJ Fundamentals	BJJ No Gi			

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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