



WEEKLY CLASS SCHEDULE  
**MARIETTA**

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

HOURS	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	6:00 AM - 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	
12:00 PM		Kickboxing		Kickboxing		Kickboxing	
5:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
6:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
7:00 PM		Kickboxing		Kickboxing			
10:00 AM						Boxing	
11:00 AM	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing	
5:00 PM	Boxing	Boxing	Boxing	Boxing	Boxing		
6:00 PM	Boxing	Boxing	Boxing	Boxing			
7:00 PM	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	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	
12:00 PM						Yoga	
6:30 PM	Fight & Flow						
7:00 PM			Yoga				

EFFECTIVE: 01/16/2023 | For more information, visit us at [x3sports.com/schedules/](http://x3sports.com/schedules/) or call us at 678-903-0100 ext. 1.  
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
10:00 AM		Power Track		Power Track		Power Track	
11:00 AM	Power Track		Power Track		Power Track		
6:00 PM	Power Track	Power Track	Power Track	Power Track	Power Track		
9:00 AM						Muay Thai	
7:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			
12:00 PM						Advanced Boxing	

X3 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 PM	BJJ Fundamentals	BJJ No Gi	BJJ Fundamentals	BJJ No Gi	BJJ Fundamentals	BJJ Fundamentals	
6:00 PM	BJJ Fundamentals	BJJ No Gi	BJJ Fundamentals	BJJ No Gi			
7:00 PM	BJJ Fundamentals	BJJ No Gi	BJJ Fundamentals	BJJ No Gi			

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

EFFECTIVE: 01/16/2023 | For more information, visit us at [x3sports.com/schedules/](https://x3sports.com/schedules/) or call us at 678-903-0100 ext. 1.  
Please be sure to regularly check the website or app for the most up-to-date schedule.