



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 - 9:00 PM		6:00 AM - 9:00 PM		6:00 AM - 9:00 PM		6:00 AM - 8:00 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				
5:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing					
6:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing					
7:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing						
11:00 AM	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing				
5:30 PM	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing					
6:30 PM	Boxing	Boxing	Boxing	Boxing	Boxing						
6:30 AM	Fast Track		Fast Track		Fast Track						
9:00 AM	Fast Track	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				
5:30 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track					
6:30 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track						
10:00 AM	Yoga		Yoga		Yoga						
5:00 PM	Fight & Flow	Fight & Flow		Fight & Flow							

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								
6:30 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	Muay Thai					
7:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai							

EFFECTIVE: 1/16/2023 | 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	
4:45 PM	Youth Boxing		Youth Boxing				
5:00 PM		Youth BJJ		Youth BJJ			

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