



## WEEKLY CLASS SCHEDULE

# NORTH MARIETTA

HOURS	11:30 AM - 8:00 PM	11:30 AM - 8:00 PM	11:30 AM - 8:00 PM	11:30 AM - 8:00 PM	11:30 AM - 7:00 PM	9:00 AM - 1:00 PM	CLOSED
STRIKING TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM						Kickboxing	
12:00 PM		Kickboxing (HYBRID MUAY THAI)		Kickboxing (HYBRID MUAY THAI)		Kickboxing	
5:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
6:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
12:00 PM	Boxing (ALL LEVELS)		Boxing (ALL LEVELS)		Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	
5:00 PM	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (WOMEN ONLY)		
6:00 PM	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)		
7:00 PM	Boxing (ADVANCED)	Boxing (WOMEN ONLY)	Boxing (ADVANCED)				
11:00 AM						Muay Thai	
12:00 PM		Muay Thai (HYBRID KICKBOXING)		Muay Thai (HYBRID KICKBOXING)			
6:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

FITNESS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 PM						Power Track	
6:00 PM	Power Track	Power Track	Power Track	Power Track	Power Track		
10:00 AM						Fast Track	
5:00 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track		

EFFECTIVE: 7/1/2025 | For more information, visit us at [x3sports.com/schedules/](https://x3sports.com/schedules/) or call us at 678-903-0100 ext. 4.  
Please be sure to regularly check the website or app for the most up-to-date schedule.

MMA/BJJ TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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6:00 PM	MMA					
12:00 PM	BJJ (ALL BELTS)	BJJ (OPEN MAT)	BJJ (ALL BELTS)	BJJ (OPEN MAT)	BJJ (ALL BELTS)	BJJ (ALL BELTS)
7:00 PM	BJJ (ALL BELTS)	BJJ (NO GI)	BJJ (ALL BELTS)	BJJ (NO GI)		

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

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