



WEEKLY CLASS SCHEDULE

INMAN PARK

HOURS	6:00 AM - 9:00 PM	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
STRIKING 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	
5:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
6:30 PM	Kickboxing		Kickboxing		Kickboxing		
7:30 PM		Kickboxing		Kickboxing			
11:00 AM	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing	
5:30 PM	Boxing	Boxing	Boxing	Boxing	Boxing		
6:30 PM	Boxing (ADVANCED)	Boxing	Boxing (ADVANCED)	Boxing	Boxing (ADVANCED)		
12:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	
7:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

FITNESS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM						Power Track	
11:00 AM			Power Track				
6:30 PM	Power Track	Power Track	Power Track	Power Track	Power Track		
6:30 AM		Fast Track		Fast Track			
9:00 AM			Fast Track			Fast Track	
12:00 PM	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		
10:00 AM						Yoga	
8:00 PM	Yoga						

EFFECTIVE: 7/1/2025 | 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.

MMA/BJJ TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:00 PM					MMA (ALL LEVELS)		
6:30 PM		MMA (ALL LEVELS)		MMA (ALL LEVELS)			
11:00 AM	BJJ (ALL BELTS)	BJJ (ALL BELTS)	BJJ (ALL BELTS)	BJJ (ALL BELTS)	BJJ (ALL BELTS)		
12:00 PM	BJJ (NO GI)		BJJ (NO GI)		BJJ (NO GI)	BJJ (OPEN MAT)	
6:00 PM	BJJ (NO GI)	BJJ (ALL BELTS)	BJJ (NO GI)	BJJ (ALL BELTS)			

YOUTH TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM						Youth Boxing (ALL AGES)	
11:00 AM						Youth BJJ (ALL AGES)	
4:45 PM	Youth Boxing (ALL AGES)	Youth Boxing (ALL AGES)	Youth Boxing (ALL AGES)	Youth Boxing (ALL AGES)			
5:00 PM	Youth BJJ (AGES 10 - 15)	Youth BJJ (ALL AGES)	Youth BJJ (AGES 10 - 15)	Youth BJJ (ALL AGES)			

EFFECTIVE: 7/1/2025 | 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.