



WEEKLY CLASS SCHEDULE

ATHENS

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	9:00 AM - 7:00 PM	9:00 AM - 1:00 PM	CLOSED
STRIKING TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	Kickboxing		Kickboxing				
9:00 AM		Kickboxing		Kickboxing			
10:00 AM						Kickboxing	
12:00 PM		Kickboxing		Kickboxing	Kickboxing	Kickboxing	
5:00 PM		Kickboxing		Kickboxing			
6:00 PM	Kickboxing		Kickboxing	Kickboxing	Kickboxing		
10:00 AM	Boxing (KOPARKINSON'S)	Boxing (CONTACT)	Boxing (KOPARKINSON'S)	Boxing (CONTACT)	Boxing (KOPARKINSON'S)	Boxing (FITBOX)	
11:00 AM						Boxing (CONTACT)	
12:00 PM	Boxing (FITBOX)		Boxing (FITBOX)			Boxing (SPARRING)	
4:30 PM	Boxing (COREBOX)		Boxing (COREBOX)		Boxing (COREBOX)		
5:15 PM	Boxing (FOCUS MITTS)		Boxing (SKILLBOX)		Boxing (FOCUS MITTS)		
6:15 PM	Boxing (FITBOX)	Boxing (FITBOX)	Boxing (FITBOX)	Boxing (FITBOX)	Boxing (FITBOX)		
7:15 PM	Boxing (CONTACT)	Boxing (COREBOX)	Boxing (CONTACT)	Boxing (COREBOX)	Boxing (CONTACT)		
8:00 PM		Boxing (SPARRING)					
5:00 PM					Muay Thai		
6:00 PM		Muay Thai					
7:00 PM	Muay Thai	Muay Thai (ADVANCED)	Muay Thai	Muay Thai			

EFFECTIVE: 07/01/2025 | For more information, visit us at x3sports.com/schedules/ or call us at 678-903-0100 ext. 5.

Please be sure to regularly check the website or app for the most up-to-date schedule.

FITNESS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						Fast Track	
4:15 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track		
10:00 AM						Power Track	
5:00 PM	Power Track	Power Track	Power Track	Power Track	Power Track		

BJJ TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM		BJJ (All Belts)	BJJ (All Belts)	BJJ (All Belts)			
12:00 PM	BJJ (All Belts)	BJJ (No Gi)	BJJ (All Belts)	BJJ (No Gi)	BJJ (All Belts)		
5:00 PM					BJJ (Women Only)		
6:00 PM	BJJ (All Belts)	BJJ (No Gi)	BJJ (All Belts)	BJJ (No Gi)	BJJ (All Belts)		
7:00 PM		BJJ (Advanced)					

YOUTH TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						Youth Boxing	
10:00 AM						Youth BJJ	
5:00 PM	Youth BJJ	Youth BJJ	Youth BJJ	Youth BJJ			
5:00 PM		Youth Boxing		Youth Boxing			

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