



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)		
11:00 AM						Boxing (CONTACT)	
12:00 PM	Boxing (FITBOX)		Boxing (FITBOX)			Boxing (SPARRING)	
4:30 PM	Boxing (COREBOX)				Boxing (COREBOX)		
5:00 PM			Boxing (COREBOX)				
5:15 PM	Boxing (FOCUS MITTS)				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 (CONTACT)		
8:00 PM		Boxing (SPARRING)					
7:00 PM				Advanced Boxing (INVITE ONLY)			
5:00 PM					Muay Thai		
6:00 PM		Muay Thai					
7:00 PM		Muay Thai (ADVANCED)		Muay Thai			
8:00 PM				Muay Thai			

EFFECTIVE: 02/02/2026 | For more information, visit us at x3sports.com/schedules/ or call us at 678-903-0100 ext. 1500.
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		
5:00 PM	Power Track	Power Track	Power Track	Power Track			

BJJ TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						MMA	
7:00 PM	MMA		MMA	MMA			
6:30 AM		BJJ (No-Gi)		BJJ (No-Gi)			
11:00 AM						BJJ (Open Mat)	
12:00 PM	BJJ (All Belts)	BJJ (No Gi)	BJJ (All Belts)	BJJ (No Gi)	BJJ (All Belts)		
6:00 PM	BJJ (All Belts)	BJJ (No Gi)	BJJ (All Belts)	BJJ (No Gi)	BJJ (All Belts)		

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 Boxing	Youth BJJ	Youth Boxing			

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