



WEEKLY CLASS SCHEDULE

MARIETTA

HOURS	6:30 AM - 8:00 AM 11:00 AM - 8:30 PM	6:30 AM - 8:00 AM 11:00 AM - 8:30 PM	6:30 AM - 8:00 AM 11:00 AM - 8:30 PM	6:30 AM - 8:00 AM 11:00 AM - 8:30 PM	6:30 AM - 8:00 AM 11:00 AM - 7:30 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	
12:00 PM						Kickboxing	
12:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
5:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
6:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
10:00 AM						Boxing (ALL LEVELS)	
11:00 AM						Boxing (ALL LEVELS)	
11:30 AM	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)		
5:30 PM	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)			
6:30 PM	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)		
7:30 PM	Boxing (ALL LEVELS)		Boxing (ALL LEVELS)				
9:00 AM						Muay Thai	
11:30 AM		Muay Thai		Muay Thai			
7:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

MMA/BJJ TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:30 AM	MMA		MMA		MMA		
5:30 PM	MMA		MMA		MMA		
12:00 PM						BJJ (ALL BELTS)	
12:30 PM	BJJ (ALL BELTS)	BJJ (NO GI)	BJJ (ALL BELTS)	BJJ (NO GI)	BJJ (ALL BELTS)		
6:30 PM	BJJ (NO GI)	BJJ (ALL BELTS)	BJJ (NO GI)	BJJ (ALL BELTS)			

EFFECTIVE: 03/16/2026 | For more information, visit us at x3sports.com/schedules/ or call us at 678-903-0100 ext. 1100.
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
10:00 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	
12:00 PM						Fast Track	
12:30 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track		
5:30 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track		
12:00 PM						Yoga	
7:00 PM			Yoga				

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)				
5:30 PM		Youth BJJ (ALL AGES)		Youth BJJ (ALL AGES)			

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