



WEEKLY CLASS SCHEDULE INMAN PARK

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 - 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			
5:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
6:30 PM	Kickboxing		Kickboxing					
7:30 PM		Kickboxing		Kickboxing				
11:00 AM						Boxing		
11:30 AM	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		
12:30 PM		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		
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			
5:30 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track			
10:00 AM						Yoga		
7:45 PM	Yoga							

EFFECTIVE: 03/09/2026 | 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
11:30 AM	BJJ (ALL BELTS)	BJJ (ALL BELTS)	BJJ (ALL BELTS)	BJJ (ALL BELTS)	BJJ (ALL BELTS)		
12:00 PM						BJJ (ALL BELTS)	
12:30 PM		BJJ (NO GI)		BJJ (NO GI)			
6:30 PM	BJJ (ALL BELTS)	BJJ (ALL BELTS)	BJJ (ALL BELTS)	BJJ (ALL BELTS)	BJJ (ADVANCED)		
7:30 PM		BJJ (ADVANCED)	BJJ (ADVANCED)	BJJ (ADVANCED)			

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)	Youth BJJ (ALL AGES)	Youth BJJ (ALL AGES)			

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