



WEEKLY CLASS SCHEDULE CANTON

HOURS	11:00 AM - 8:00 PM	11:00 AM - 8:00 PM	11:00 AM - 8:00 PM	11:00 AM - 8:00 PM	11:00 AM - 7:00 PM	9:00 AM - 1:00 PM	CLOSED
STRIKING TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 PM	Kickboxing		Kickboxing		Kickboxing	Kickboxing	
5:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
11:00 AM	Boxing (CONTACT)	Boxing (FITBOX)	Boxing (CONTACT)	Boxing (FITBOX)	Boxing (CONTACT)	Boxing (ALL LEVELS)	
6:00 PM	Boxing (FITBOX)		Boxing (FITBOX)		Boxing (FITBOX)		
12:00 PM		Muay Thai		Muay Thai			
6:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

FITNESS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						Fast Track	
6:00 PM		Fast Track		Fast Track			
11:00 AM						Power Track	
6:00 PM	Power Track		Power Track				

BJJ TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 PM			Wrestling				Wrestling
10:00 AM						BJJ (NO GI)	
7:00 PM	BJJ (ALL BELTS)	BJJ (NO GI)		BJJ (NO GI)			
11:00 AM						MMA	

YOUTH X3 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM						Youth Boxing (ALL AGES)	
11:00 AM						Youth BJJ (ALL AGES)	
5:00 PM	Youth Boxing (ALL AGES)	Youth BJJ (ALL AGES)	Youth Boxing (ALL AGES)	Youth BJJ (ALL AGES)			

EFFECTIVE: 03/04/2026 | For more information, visit us at x3sports.com/schedules/ or call us at 678-903-0100 ext. 1600 or follow the caller menu.
Please be sure to regularly check the website or app for the most up-to-date schedule.