



WEEKLY CLASS SCHEDULE
WEST MIDTOWN

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			
10:00 AM						Kickboxing	
11:30 AM		Kickboxing		Kickboxing			
12:00 PM						Kickboxing	
12:30 PM	Kickboxing		Kickboxing		Kickboxing		
5:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
6:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
11:00 AM						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 (ADVANCED)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)	Boxing (ALL LEVELS)		
11:00 AM						Muay Thai	
11:30 AM	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	
12:30 PM		Power Track		Power Track			
5:30 PM	Power Track		Power Track		Power Track		
6:30 PM		Power Track		Power Track			
6:30 AM	Fast Track		Fast Track		Fast Track		
9:00 AM						Fast Track	
11:30 AM	Fast Track		Fast Track		Fast Track		
12:00 PM						Fast Track	
5:30 PM		Fast Track		Fast Track			
6:30 PM	Fast Track		Fast Track		Fast Track		

EFFECTIVE: 05/07/2026 | For more information, visit us at x3sports.com/schedules/ or call us at 678-903-0100 ext. 3.
 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
10:00 AM						MMA	
6:30 PM		MMA		MMA			
6:30 AM	BJJ (ALL BELTS)		BJJ (ALL BELTS)		BJJ (ALL BELTS)		
12:00 PM						BJJ (ALL BELTS)	
12:30 PM	BJJ (ALL BELTS)	BJJ (NO GI)	BJJ (ALL BELTS)	BJJ (NO GI)			
5:30 PM		BJJ (NO GI)		BJJ (NO GI)			
6:30 PM	BJJ (ALL BELTS)		BJJ (ALL BELTS)				

YOUTH TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM						Youth BJJ (ALL AGES)	
12:00 PM						Youth Boxing (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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