



WEEKLY CLASS SCHEDULE

WEST MIDTOWN

- X1: KICKBOXING, BOXING, YOGA, FAST TRACK
- X2: POWER TRACK, ADV. BOXING, MUAY THAI
- X3: BRAZILIAN JIU JITSU
- YOUTH

| 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 | 6:00 AM - 7:00 PM | 9:00 AM - 1:00 PM | CLOSED |
|----------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|--------|
| X1 TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 6:30 AM | | Kickboxing | | Kickboxing | | | |
| 10:00 AM | Kickboxing | Kickboxing | Kickboxing | Kickboxing | Kickboxing | Kickboxing | |
| 12:00 PM | Kickboxing | Kickboxing | Kickboxing | Kickboxing | Kickboxing | Kickboxing | |
| 5:00 PM | Kickboxing | Kickboxing | Kickboxing | Kickboxing | Kickboxing | | |
| 6:00 PM | Kickboxing | Kickboxing | Kickboxing | Kickboxing | | | |
| 7:00 PM | Kickboxing | | Kickboxing | | | | |
| 11:00 AM | Boxing | | Boxing | | Boxing | Boxing | |
| 5:00 PM | Boxing | Boxing | Boxing | Boxing | | | |
| 6:00 PM | Boxing | Boxing | Boxing | Boxing | | | |
| 6:30 AM | Fast Track | | Fast Track | | Fast Track | | |
| 9:00 AM | | | | | | Fast Track | |
| 12:00 PM | Fast Track | Fast Track | Fast Track | Fast Track | Fast Track | Fast Track | |
| 5:00 PM | Fast Track | Fast Track | Fast Track | Fast Track | Fast Track | | |
| 6:00 PM | Fast Track | Fast Track | Fast Track | Fast Track | | | |
| 7:00 PM | | Yoga | | | | | |

| X2 TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|-------------|-------------|-------------|-------------|-------------|-------------|--------|
| 9:00 AM | | Power Track | | Power Track | | | |
| 10:00 AM | | | | | | Power Track | |
| 11:00 AM | Power Track | | Power Track | | Power Track | | |
| 6:00 PM | Power Track | Power Track | Power Track | Power Track | Power Track | | |
| 11:00 AM | | | | | | Muay Thai | |
| 7:00 PM | Muay Thai | Muay Thai | Muay Thai | Muay Thai | | | |

EFFECTIVE: 09/13/2023 | 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.

| X3 TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|------------------|------------------|------------------|------------------|------------------|------------------|--------|
| 6:30 AM | BJJ Fundamentals | | BJJ Fundamentals | | | | |
| 12:00 PM | BJJ Fundamentals | BJJ Fundamentals | BJJ Fundamentals | BJJ Fundamentals | BJJ Fundamentals | BJJ Fundamentals | |
| 6:00 PM | BJJ Fundamentals | BJJ No Gi | BJJ Fundamentals | BJJ No Gi | | | |
| 7:00 PM | BJJ Fundamentals | Open Mat | BJJ Fundamentals | Open Mat | | | |

| YOUTH TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|--------|--------------|-----------|--------------|--------|--------------|--------|
| 11:00 AM | | | | | | Youth BJJ | |
| 12:00 PM | | | | | | Youth Boxing | |
| 4:00 PM | | Youth Boxing | | Youth Boxing | | | |
| 5:00 PM | | Youth BJJ | | Youth BJJ | | | |

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