



WEEKLY CLASS SCHEDULE

INMAN PARK

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

YOUTH

HOURS	6:00 AM - 9:00 PM	6:00 AM - 9:00 PM	6:00 AM - 9:00 PM	6:00 AM - 9:00 PM	6:00 AM - 8:00 PM	9:00 AM - 1:00 PM	CLOSED
X1 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	Kickboxing		Kickboxing		Kickboxing		
10:00 AM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
12:00 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
5:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
6:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
7:30 PM	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
11:00 AM	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing	
5:30 PM	Boxing	Boxing	Boxing	Boxing	Boxing		
6:30 PM	Boxing	Boxing	Boxing	Boxing			
6:30 AM		Fast Track		Fast Track			
9:00 AM	Fast Track		Fast Track		Fast Track	Fast Track	
12:00 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track	
5:30 PM	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track		
6:30 PM	Fast Track	Fast Track	Fast Track	Fast Track			
10:00 AM		Yoga				Yoga	

X2 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM						Power Track	
11:00 AM	Power Track		Power Track		Power Track		
6:30 PM	Power Track		Power Track		Power Track		
12:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	
7:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai			

EFFECTIVE: 04/09/2024 | 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.

X3 TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals	BJJ Fundamentals		
12:00 PM	BJJ No-Gi		BJJ No-Gi		BJJ No-Gi	BJJ Fundamentals	
6:00 PM	BJJ Fundamentals	BJJ Fundamentals	BJJ No Gi	BJJ Fundamentals			
7:00 PM	BJJ Fundamentals	BJJ Fundamentals	BJJ No Gi	BJJ Fundamentals			

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)				
5:00 PM	Youth BJJ (Ages 10 - 15)	Youth BJJ (All Ages)	Youth BJJ (Ages 10 - 15)	Youth BJJ (All Ages)			

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