



**X3 Sports** is a great way to increase strength, flexibility, and cardio vascular fitness while learning self-defense and most importantly **HAVING FUN!** For information or to schedule your first free training session, see any of our X3 Sports Staff or call us at 678-903-0100 ext. 2. Inman Park schedule effective April 7<sup>th</sup>, 2014.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 am	Kickboxing		Kickboxing		Kickboxing		
9:00 am						Kickboxing	
10:00 am	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing
12:00 pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
1:00 pm						Kickboxing	Kickboxing
4:00 pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
5:00 pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
6:00 pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
7:00 pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
8:00 pm	Kickboxing	Kickboxing	Kickboxing				
11:00 am	Boxing		Boxing		Boxing	Boxing	
12:00 pm							
5:30 pm	Boxing	Boxing	Boxing	Boxing	Boxing		
6:30 pm	Boxing	Boxing	Boxing	Boxing			
7:30 pm	Adv. Boxing (30 min)		Adv. Boxing (30 min)				
6:30 am		Fast Track		Fast Track			
9:00 am						Fast Track	
12:00 pm	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track	
5:30 pm	Fast Track	Fast Track	Fast Track	Fast Track			
6:30 pm	Fast Track	Fast Track	Fast Track	Fast Track			
7:30 pm	Fast Track	Fast Track	Fast Track	Fast Track			
6:30 am	Power Track		Power Track		Power Track		
10:00 am						Power Track	
12:00 pm		Power Track		Power Track			
5:30 pm	Power Track	Power Track	Power Track	Power Track	Power Track		
11:30 am						11 AM Unified Class (Call for location)	
12:00 pm	GI BJJ	GI BJJ	GI BJJ	GI BJJ	GI BJJ		BJJ (Open mat), check unified schedule for locations)
7:00 pm	GI BJJ	GI BJJ	GI BJJ	GI BJJ			
10:00 am						Muay Thai	
12:00 pm						MMA	
6:00 pm	MMA	MMA	MMA	MMA			
7:00 pm	Muay Thai	Adv. Muay Thai	Muay Thai	Adv. Muay Thai			

<b>10:00 am</b>						Yoga	Yoga
<b>11:00 am</b>	Yoga	Recovery Yoga	Recovery Yoga	Recovery Yoga	Yoga		
<b>6:00 pm</b>	Yoga	Yoga	Yoga	Yoga	Yoga		

## Inman Park Youth/Teen Schedule

Youth = 6-12 years old /Teen = 13-19 years old. Teens are also permitted to take any adult class offered depending on which program they are signed up for.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>9:00 am</b>						<b>Youth BJJ</b>	
<b>12:00 pm</b>						<b>Youth Boxing</b>	
<b>4:30 pm</b>	<b>Youth Boxing</b>	<b>Youth Intro BJJ</b>	<b>Youth Boxing</b>	<b>Youth Intro BJJ</b>			
<b>5:00 pm</b>		<b>Youth BJJ</b>		<b>Youth BJJ</b>			

**Kickboxing** - Kickboxing is a fun, high energy workout that is beginner friendly but constantly varied to keep you motivated. While you learn different punch and kick combinations on a 120 lb heavy bag from our experienced kickboxing instructors you will burn 700-900 calories, tone your shoulders and abs, improve cardio and relieve stress.

**Boxing** - Our Professional Boxing Instructors will focus on both proper boxing technique and punch combinations on heavy bags providing an incredible full body work out. You can expect to burn 700 - 900 calories, tone your shoulders, abs, and arms all the while building upper body strength.

**Fast Track** - X3 Sports Fast Track incorporate circuit training and cardio exercises utilizing a variety of sports training equipment such as agility ladders, resistance bungees, medicine balls, plyo boxes, and bosu balls making for a fun and interactive class on INDOORTURF. Fast Track is a great way to mix up your workout routine giving you a great cardio workout that will burn fat, lose weight and tone your muscles, achieving the results you want much quicker than traditional workouts.

**Brazilian Jiu Jitsu** - Self defense system that focuses on grappling and especially ground fighting. X3 Sports Brazilian Jiu Jitsu (BJJ) classes incorporate Russian Sambo and other submission grappling techniques. Our GI and No-GI Jiu Jitsu / Sambo classes are sanctioned by Helio Soneca to teach under the Gracie name.

**Muay Thai** - A combat sport from Thailand that uses stand-up striking along with various clinching techniques. X3 Sports Muay Thai classes are taught by Muay Thai experts that will include light sparring. X3 Sports Muay Thai classes require mandatory equipment sold at X3 Sports - ask your Fitness Consultant for assistance!

**Yoga** –“ Vinyasa” yoga means movements connected by breath. This is a challenging class which is ideal for the cross training athlete. Classes will focus on increasing flexibility, body weight resistance training, engaging core muscles, and rhythmic breathing. Practicing yoga can relieve muscle soreness and back pain, create greater range of motion through hips and IT band (great for runners!), increase breath capacity, improve posture, and provide an overall sense of well-being. Experience is not required.

*Each friend, co-worker or family that signs up = 1 free month for you.*

## VIP Guest Pass

- Includes one free class
- All classes available
- 1<sup>st</sup> Time Visitor Discount



Name: \_\_\_\_\_

*\*Valid only for 1<sup>st</sup> time local guest 18+ yrs. old*

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