



**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 call us at 678-903-0100 ext. 1. Marietta schedule effective November 18<sup>th</sup>, 2013

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	Kickboxing		Kickboxing		Kickboxing		
9:00am						Kickboxing	
10:00am	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing
12:00 pm/1pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing: 1pm	Kickboxing: 1pm
4:30pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
5:30pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
6:30pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		
7:30pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00am						Boxing	
12:00am						Adv. Boxing	
5:30pm	Boxing	Boxing	Boxing	Boxing	Boxing		
6:30pm	Boxing		Boxing				
7:30pm	Boxing	Adv. Boxing	Boxing	Adv. Boxing			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am		Fast Track		Fast Track			
9:00am						Fast Track	
12:00pm/11am	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track (11am)
6:00pm	Fast Track	Fast Track	Fast Track	Fast Track	Fast Track		
7:00pm	Fast Track	Fast Track	Fast Track	Fast Track			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am/11am						Unified Class (11am) (call for location or check website)	
12:00pm	BJJ	BJJ	BJJ	BJJ	BJJ		Open Mat at 12:00pm
6:00pm					BJJ (Open mat) 6:00pm		
7:00pm	BJJ	BJJ	BJJ	BJJ			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am						Muay Thai	
1:00pm						MMA	
6:00pm	MMA	MMA	MMA	MMA			
6:30pm		Muay Thai		Muay Thai			

\***BJJ Fundamentals** = White Belts or new students with no experience only. All BJJ Classes will be GI until otherwise noted

*Free VIP buddy passes on back. Each friend, co-worker or family member that signs up = 1 free month for you.*

## Youth Programs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am						Youth GI BJJ	
10:00am						Youth Boxing	
1:00 pm							Youth Boxing
4:30pm	Youth Boxing		Youth Boxing				
5:00pm	Youth GI BJJ	Youth GI BJJ	Youth GI BJJ	Youth GI BJJ			

Youth = 5-12 years old; Youth BJJ Class will be split into two age groups (5-8 and 9-14)

### 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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