



X3 Sports is a great way to increase strength, flexibility, and cardio vascular fitness while learning self-defense and most importantly **HAVING FUN!** At X3 Sports we encourage you to bring in your friends and family. For information or to schedule your first free training session, see any of our X3 Sports Staff or call us at 678-903-0100. Marietta schedule effective January 2, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	Kickboxing		Kickboxing		Kickboxing		
9:00am						Kickboxing	
10:00am	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing
1:00pm	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing
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
10:00am						Adv.Boxing/ 10:00 am	
11:00am	Boxing	Boxing	Boxing	Boxing	Boxing	Boxing	
12:00pm							
6:00pm	Boxing	Boxing	Boxing	Boxing	Boxing		
7:00pm	Boxing	Adv. Boxing	Boxing	Adv. Boxing			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:30am		FAST TRACK		FAST TRACK			
9:00am						FAST TRACK	
12:00pm	FAST TRACK	FAST TRACK	FAST TRACK	FAST TRACK	FAST TRACK	FAST TRACK	
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	
12:00pm	GI BJJ	GI BJJ	GI BJJ	GI BJJ	No GI BJJ	1pm No GI BJJ	11am No GI BJJ
7:00pm	GI BJJ	GI BJJ	GI BJJ	GI BJJ			
8:00pm	No GI BJJ		No GI BJJ				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
12:00pm						K1 KB/MT	
6:00pm	K1 KB/MT	K1 KB/MT	K1 KB/MT	K1 KB /MT			

Team Training is an invite only by Coaches

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am	<i>MMA Team Training</i>	<i>Team MT/K1 Training</i>	<i>MMA Team Training</i>	<i>Team MT/K1 Training</i>	<i>MMA Team Training</i>		
11:00am	<i>MMA Team Training</i>	<i>Team Lifting & Conditioning</i>	<i>MMA Team Training</i>	<i>Team Lifting & Conditioning</i>	<i>MMA Team Training</i>		

Youth = 6-12 years old

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am						Youth Boxing	
11:00am						Youth GI BJJ	
						Youth Sports Training	
12:00 pm							Youth Sports Training
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			