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CLASS SCHEDULE

FRONT OFFICE
HOURS OF OPERATION:
MONDAY-THURSDAY: 8:30AM - 8:00PM
FRIDAY: 8:30AM - 4:00PM
SATURDAY: 8:30AM - 2:00PM
SUNDAY: CLOSED TO PUBLIC

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM - 7:00AM	MAT AREA 2	NO GI JIU JITSU ALL LEVELS		GI JIU JITSU ALL LEVELS		NO GI JIU JITSU ALL LEVELS		
8:00AM - 9:00AM	MAT AREA 2		GI JIU JITSU ALL LEVELS		GI JIU JITSU ALL LEVELS			
9:00AM - 10:00AM	MAT AREA 1	KICKBOXING ALL LEVELS	KICKBOXING ALL LEVELS	KICKBOXING ALL LEVELS	KICKBOXING ALL LEVELS	KICKBOXING ALL LEVELS	BOXING ALL LEVELS	
9:00AM - 10:30AM	MAT AREA 2					PRO TEAM PRACTICE INVITE ONLY	SELF DEFENSE JIU JITSU ALL LEVELS	9:30AM-11:00AM 50/50 GRAPPLING (MUST HAVE CURRENT MEMBERSHIP)
10:00AM - 11:15AM	MAT AREA 1					NO GI JIU JITSU ALL LEVELS	KICKBOXING ALL LEVELS	
10:00AM - 11:00AM	MAT AREA 2	NO GI JIU JITSU ALL LEVELS	PRO TEAM PRACTICE INVITE ONLY	GI JIU JITSU ALL LEVELS	PRO TEAM PRACTICE INVITE ONLY	PRO TEAM PRACTICE INVITE ONLY		
10:00AM - 11:00AM	S & C AREA		CROSS TRAINING ALL LEVELS		CROSS TRAINING ALL LEVELS		CROSS TRAINING ALL AGES	
10:30AM - 12:00PM	MAT AREA 2						JIU JITSU OPEN MAT ALL LEVELS	
11:00AM - 12:00PM	MAT AREA 1	MMA ALL LEVELS		MMA ALL LEVELS		MMA ALL LEVELS	MMA ALL LEVELS	
11:00AM - 12:00PM	MAT AREA 2		PRO TEAM PRACTICE INVITE ONLY		PRO TEAM PRACTICE INVITE ONLY			
11:00AM - 12:00PM	UPSTAIRS	PRO TEAM PRACTICE INVITE ONLY				PRO TEAM PRACTICE INVITE ONLY		
12:00PM - 1:00PM	MAT AREA 1	CARDIO KICKBOXING ALL LEVELS	CARDIO KICKBOXING ALL LEVELS		CARDIO KICKBOXING ALL LEVELS	CARDIO KICKBOXING ALL LEVELS		
12:00PM - 1:00PM	MAT AREA 2						YOUTH NO GI JIU JITSU AGES 6+	
1:00PM - 2:00PM	MAT AREA 1						YOUTH BANG MUAY THAI AGES 6+	
3:30PM - 4:30PM	MAT AREA 2	PRO TEAM PRACTICE INVITE ONLY	PRO TEAM PRACTICE INVITE ONLY	PRO TEAM PRACTICE INVITE ONLY	PRO TEAM PRACTICE INVITE ONLY			
4:00PM - 5:00PM	UPSTAIRS	WRESTLING FUNDAMENTALS (BEGINNERS)						
4:30PM - 5:00PM	MAT AREA 1		MINIS JIU JITSU AGES 4-6	MINIS JIU JITSU AGES 4-6	MINIS JIU JITSU AGES 4-6			
5:00PM - 6:00PM	UPSTAIRS	WRESTLING ALL LEVELS	WRESTLING ALL LEVELS	WRESTLING ALL LEVELS	WRESTLING ALL LEVELS			
5:00PM - 6:00PM	MAT AREA 1	YOUTH GI JIU JITSU AGES 6+	YOUTH GI JIU JITSU AGES 6+	YOUTH GI JIU JITSU AGES 6+	YOUTH NO GI JIU JITSU AGES 6+	MERGING VETS & PLAYERS (vetsandplayers.org)		
5:00PM - 6:00PM	MAT AREA 2	KICKBOXING ALL LEVELS	KICKBOXING ALL LEVELS	KICKBOXING ALL LEVELS	KICKBOXING ALL LEVELS			
6:00PM - 7:00PM	MAT AREA 1	YOUTH CROSS TRAINING AGES 6-12	YOUTH BANG MUAY THAI AGES 6+	YOUTH CROSS TRAINING AGES 6-12	YOUTH BANG MUAY THAI AGES 6+			
6:00PM - 7:00PM	MAT AREA 2	GI JIU JITSU ALL LEVELS	NO GI JIU JITSU ALL LEVELS	GI JIU JITSU ALL LEVELS	NO GI JIU JITSU ALL LEVELS			
6:00PM - 7:00PM	MAT AREA 2	FUNDAMENTALS GI JIU JITSU (BEGINNERS)	FUNDAMENTALS NOGI JIU JITSU (BEGINNERS)	FUNDAMENTALS GI JIU JITSU (BEGINNERS)	FUNDAMENTALS NOGI JIU JITSU (BEGINNERS)			
6:00PM - 7:00PM	BIG CAGE				BJJ COMP TEAM INVITE ONLY	MERGING VETS & PLAYERS (vetsandplayers.org)		
6:00PM - 7:00PM	S & C AREA	CROSS TRAINING ALL LEVELS	CROSS TRAINING ALL LEVELS	CROSS TRAINING ALL LEVELS	CROSS TRAINING ALL LEVELS			
7:00PM - 8:00PM	MAT AREA 1	BOXING ALL LEVELS		BOXING ALL LEVELS				
7:00PM - 8:00PM	MAT AREA 2	MMA ALL LEVELS	AMATEUR TEAM INVITE ONLY	MMA ALL LEVELS	AMATEUR TEAM INVITE ONLY			
7:00PM - 8:30PM	MAT AREA 2					ADVANCED NOGI (MUST HAVE CURRENT MEMBERSHIP)		

INVITE ONLY: ALL PRO OR AMATEUR TEAM PARTICIPATION REQUIRES A VERIFIABLE FIGHT RECORD AND PRIOR APPROVAL FROM XCMMA COACHING STAFF.
ALL KICKBOXING CLASSES REQUIRE A RANKED BANG MUAY THAI SHIRT OR A WHITE SHIRT TO ATTEND. BMT SHIRTS ARE AVAILABLE FOR PURCHASE IN OUR PRO SHOP.
YOU MUST SIGN OUR WAIVER AND REGISTER FOR CLASSES ON XCMMA.WODIFY.COM PRIOR TO CLASS.