



# JACKSON WINK MMA ACADEMY

## CLASS SCHEDULE

www.jacksonwink.com  
info@jacksonwink.com  
(505) 900-3947

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<b>EARLY DAY SESSIONS</b>	<b>FIGHT CONDITIONING</b> Coach Jackson  <b>ALL LEVELS</b> 10:00AM - 10:45AM  <b>INVITE ONLY WRESTLING DRILLS</b> Coach Lujan (M)  11:00AM - 11:45AM All Weights * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMATEUR FIGHTERS  <b>GROUND 'N POUND MMA FUNDAMENTALS</b> Coach Villasenor (M)  <b>ALL LEVELS</b> 12:00PM - 1:00PM	<b>PRO SPARRING</b> Coach Wink (B)  155LB - HWY 10:30AM - 11:15AM  154LB - 125LB 11:15AM - 12:00PM  <b>AMMY SPARRING MMA FUNDAMENTALS</b> Coach Villasenor (B)  <b>ALL LEVELS</b> 12:00PM - 1:00PM	<b>PRO WRESTLING</b> Coach Villasenor     <b>ALL LEVELS</b> 11:00AM - 12:30PM	<b>PRO SPARRING</b> Coach Wink (M)  155LB - HWY 10:30AM - 11:15AM  154LB - 125LB 11:15AM - 12:00PM  <b>AMMY SPARRING MMA FUNDAMENTALS</b> Coach Villasenor (M)  <b>ALL LEVELS</b> 12:00PM - 1:00PM	<b>MMA STRATEGY</b> Coach Jackson     11:00AM - 11:45AM  <b>GROUND 'N POUND MMA FUNDAMENTALS</b> Coach Villasenor (M)  <b>ALL LEVELS</b> 12:00PM - 1:00PM	<b>MOUNTAINS CONDITIONING</b>     <b>ALL LEVELS</b> Coach Lujan 6:45AM - 9:00AM  * Departing from gym * Location to be determined based on weather  <b>STRIKING/MUAY THAI FOR MMA</b> Coach Existo (M)  <b>ALL LEVELS/BEGINNERS</b> 12:00PM - 1:00PM			
	<b>MIDDAY SESSIONS</b>	<b>JW TEAM MEETING</b> 1st Monday of every month  1:00PM - 1:30PM  <b>STRIKING DRILLS FOR MMA</b> Coach Villasenor (M/B)  ALL LEVELS 1:30PM - 2:15PM  <b>CLINCH FOR MMA DRILLS</b> Coach Villasenor (M)  ALL LEVELS 4:00PM - 4:45PM  <b>INVITE ONLY DRILLS</b> MONDAY THROUGH THURSDAY * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMATEUR FIGHTERS							
		<b>OPEN GYM ACCESS TO ALL THE MEMBERS 24/7</b>							
		<b>Coach Wink</b>  5:00PM - 5:45PM All Weights	<b>Coach Jackson</b>  5:30PM - 6:00PM All Weights	<b>Coach Wink</b>  5:00PM - 5:45PM All Weights	<b>Coach Jackson</b>  5:30PM - 6:00PM All Weights				
		<b>STRIKING (STAND UP FOR MMA)</b> Coach Villasenor (B)  <b>ALL LEVELS</b> 6:00PM - 7:00PM  <b>MMA WRESTLING</b> Coach Lujan  <b>ALL LEVELS</b> 7:00PM - 8:00PM	<b>GRAPPLING FOR MMA</b> Coach Jackson     <b>ALL LEVELS</b> 6:00PM - 7:15PM	<b>STRIKING (STAND UP FOR MMA)</b> Coach Wink/Cruz (M/B)  <b>ALL LEVELS</b> 6:00PM - 7:00PM  <b>MMA WRESTLING</b> Coach Lujan  <b>ALL LEVELS</b> 7:00PM - 8:00PM	<b>GRAPPLING FOR MMA</b> Coach Jackson     <b>ALL LEVELS</b> 6:00PM - 7:15PM	<b>MMA WRESTLING</b> Coach Lujan     <b>ALL LEVELS</b> 6:00PM - 7:00PM			
* B - 16OZ Boxing Gloves * M - MMA Sparring Gloves * ALL LEVELS (PRO AND AMATEUR FIGHTERS) CLASSES START ON TIME! JW GYM IS OPEN 24/7 FOR JW MEMBERS FITNESS WORKOUT GYM IS AVAILABLE ON PREMISES									
<b>EVENING SESSIONS</b>	<b>GRAPPLING</b>   <b>ALL LEVELS</b> 5:00PM - 6:00PM	<b>STRIKING</b>   <b>ALL LEVELS</b> 5:00PM - 6:00PM	<b>GRAPPLING</b>   <b>ALL LEVELS</b> 5:00PM - 6:00PM	<b>STRIKING</b>   <b>ALL LEVELS</b> 5:00PM - 6:00PM	<b>GRAPPLING</b>   <b>ALL LEVELS</b> 5:00PM - 6:00PM	<b>WRESTLING CONDITIONING</b>   OFF	OFF		
	<b>YOUNG ATHLETE MMA PROGRAM BOYS &amp; GIRLS (6 - 13 YEARS OLD)</b>								
	<b>KIDS (6-13)</b> <b>TEENAGERS (14-18)</b>	<b>ALL LEVELS</b> 5:00PM - 6:00PM	<b>ALL LEVELS</b> 5:00PM - 6:00PM	<b>ALL LEVELS</b> 5:00PM - 6:00PM	<b>ALL LEVELS</b> 5:00PM - 6:00PM	<b>ALL LEVELS</b> 5:00PM - 6:00PM	OFF	OFF	
<b>BEGINNER ADULT</b>	<b>YOUNG ATHLETE MMA PROGRAM BOYS &amp; GIRLS (14 - 18 YEARS OLD) + BEGINNER ADULT MMA</b>								
	<b>ALL LEVELS</b> 6:00PM - 7:00PM	<b>ALL LEVELS</b> 6:00PM - 7:00PM	<b>ALL LEVELS</b> 6:00PM - 7:00PM	<b>ALL LEVELS</b> 6:00PM - 7:00PM	<b>ALL LEVELS</b> 6:00PM - 7:00PM	<b>ALL LEVELS</b> 6:00PM - 7:00PM	OFF	OFF	