



JACKSON WINK MMA ACADEMY

CLASS SCHEDULE

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
EARLY DAY SESSIONS	FIGHT CONDITIONING Coach Jackson	PRO SPARRING Coach Wink (B)	PRO WRESTLING Coach Villasenor	PRO SPARRING Coach Wink (M)	MMA STRATEGY Coach Jackson	MOUNTAINS CONDITIONING		
	ALL LEVELS 10:00AM - 10:45AM	155LB - HWY 10:30AM - 11:15AM 154LB - 125LB 11:15AM - 12:00PM	ALL LEVELS 11:00AM - 12:30PM	155LB - HWY 10:30AM - 11:15AM 154LB - 125LB 11:15AM - 12:00PM	INVITE ONLY 10:30AM - 11:45AM	ALL LEVELS Coach Lujan 6:45AM - 9:00AM	* Departing from gym * Location to be determined based on weather	
	INVITE ONLY WRESTLING DRILLS Coach Lujan (M)							
	11:00AM - 11:45AM All Weights * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMATEUR FIGHTERS	GROUND 'N POUND MMA FUNDAMENTALS Coach Villasenor (M)	AMMY SPARRING MMA FUNDAMENTALS Coach Villasenor (B)	AMMY SPARRING MMA FUNDAMENTALS Coach Villasenor (M)	GROUND 'N POUND MMA FUNDAMENTALS Coach Villasenor (M)	STRIKING/MUAY THAI FOR MMA Coach Existo (M)		
	ALL LEVELS 12:00PM - 1:00PM	ALL LEVELS 12:00PM - 1:00PM		ALL LEVELS 12:00PM - 1:00PM	ALL LEVELS 12:00PM - 1:00PM	ALL LEVELS 12:00PM - 1:00PM	ALL LEVELS/BEGINNERS 12:00PM - 1:00PM	
	JW TEAM MEETING 1st Monday of every month 1:00PM - 1:30PM					OPEN GYM ACCESS TO ALL THE MEMBERS 24/7		
	STRIKING DRILLS FOR MMA Coach Villasenor (M/B)		CLINCH FOR MMA DRILLS Coach Villasenor (M)					
	ALL LEVELS 1:30PM - 2:15PM		ALL LEVELS 4:00PM - 4:45PM					
	INVITE ONLY DRILLS MONDAY THROUGH THURSDAY * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMATEUR FIGHTERS							
MIDDAY SESSIONS	Coach Wink 5:00PM - 5:45PM All Weights	Coach Jackson 5:30PM - 6:00PM All Weights	Coach Wink 5:00PM - 5:45PM All Weights	Coach Jackson 5:30PM - 6:00PM All Weights	MMA WRESTLING Coach Lujan ALL LEVELS 6:00PM - 7:00PM			
		STRIKING (STAND UP FOR MMA) Coach Villasenor (B)	GRAPPLING FOR MMA Coach Jackson	STRIKING (STAND UP FOR MMA) Coach Wink/Cruz (M/B)	GRAPPLING FOR MMA Coach Jackson	JW OPEN MAT GRAPPLING		
		ALL LEVELS 6:00PM - 7:00PM	ALL LEVELS 6:00PM - 7:15PM	ALL LEVELS 6:00PM - 7:00PM	ALL LEVELS 6:00PM - 7:15PM	1ST FRIDAY OF EVERY MONTH		
	MMA WRESTLING Coach Lujan	MMA WRESTLING Coach Lujan		ALL LEVELS EVERYONE WELCOME				
	ALL LEVELS 7:00PM - 8:00PM		ALL LEVELS 7:00PM - 8:00PM		6:30PM - 7:30PM			
* 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								
EVENING SESSIONS	GRAPPLING	STRIKING	GRAPPLING	STRIKING	GRAPPLING	STRIKING/MUAY THAI FOR MMA Coach Existo (M)		
	KIDS MMA PROGRAM (6 - 13 YEARS OLD)							
KIDS (6-13)	ALL LEVELS 5:00PM - 6:00PM	ALL LEVELS 5:00PM - 6:00PM	ALL LEVELS 5:00PM - 6:00PM	ALL LEVELS 5:00PM - 6:00PM	ALL LEVELS 5:00PM - 6:00PM	OFF	OFF	
TEEN MMA PROGRAM (14 - 17 YEARS OLD)								
TEENS (14-17)	ALL LEVELS 5:30PM - 6:30PM	ALL LEVELS 5:30PM - 6:30PM	ALL LEVELS 5:30PM - 6:30PM	ALL LEVELS 5:30PM - 6:30PM	ALL LEVELS 5:30PM - 6:30PM	OFF	OFF	
BEGINNER MMA PROGRAM (18 + YEARS OLD)								
BEGINNER ADULT (18+)	ALL LEVELS 6:30PM - 7:30PM	ALL LEVELS 6:30PM - 7:30PM	ALL LEVELS 6:30PM - 7:30PM	ALL LEVELS 6:30PM - 7:30PM	ALL LEVELS 6:30PM - 7:30PM	ALL LEVELS/BEGINNERS 12:00PM - 1:00PM	OFF	