



JACKSON WINK MMA ACADEMY CLASS SCHEDULE

(OPEN 24/7 GYM ACCESS TO ALL THE MEMBERS OVER 18 YEARS OLD)

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 Villaseñor	PRO SPARRING Coach Wink (M)	DUNES RUN Coach Jackson	MOUNTAINS ONDITIONING	
	ALL LEVELS 10:00AM - 10:45AM	155LB - HWY 10:30AM - 11:15AM		155LB - HWY 10:30AM - 11:15AM	ALL LEVELS 10:00AM - 11:00AM * Departing from gym	ALL LEVELS Coach Lujan 5:50AM - 7:30AM	
	INVITE ONLY WRESTLING DRILLS Coach Lujan (M)	154LB - 125LB 11:15AM - 12:00PM	ALL LEVELS 11:00AM - 12:30PM	154LB - 125LB 11:15AM - 12:00PM		* Departing from gym	
	ALL LEVELS 11:00AM - 11:45AM						
MIDDAY SESSIONS	GROUND 'N POUND MMA FUNDAMENTALS Coach Villaseñor (M)	AMMY SPARRING MMA FUNDAMENTALS Coach Villaseñor (B)		AMMY SPARRING MMA FUNDAMENTALS Coach Villaseñor (M)	WALL/MMA LIVE WRESTLING Coach Jackson (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	
EVENING SESSIONS	JW TEAM MEETING 1st Monday of every month		CLINCH FOR MMA DRILLS Coach Villaseñor (M)	STRATEGY CLASS Coach Jackson		BARE KNUCKLE BOXING DRILLS Coach East	
	1:00PM - 1:30PM		ALL LEVELS 4:00PM - 4:45PM	ALL LEVELS 4:00PM - 4:30PM		ALL LEVELS 1:00PM - 1:45PM	
	STRIKING DRILLS FOR MMA Coach Villaseñor (M/B)						
	ALL LEVELS 1:30PM - 2:15PM						
EVENING SESSIONS	INVITE ONLY DRILLS MONDAY THROUGH THURSDAY * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMATEUR FIGHTERS						
	Coach Wink	Coach Jackson	Coach Wink	Coach Jackson	MMA/ALL STYLES WRESTLING Coach Lujan (WRESTLING SEASON ONLY)		
	5:00PM - 5:45PM All Weights	4:30PM - 5:00PM All Weights	5:00PM - 5:45PM All Weights	4:30PM - 5:00PM All Weights	ALL LEVELS 6:00PM - 7:30PM		
EVENING SESSIONS	STRIKING (STAND UP FOR MMA) Coach Villaseñor (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 5:00PM - 6:15PM	ALL LEVELS 6:00PM - 7:00PM	ALL LEVELS 5:00PM - 6:15PM	1ST FRIDAY OF EVERY MONTH		
	MMA/ALL STYLES WRESTLING Coach Lujan		MMA/ALL STYLES WRESTLING Coach Lujan	MMA/ALL STYLES WRESTLING Coach Lujan (WRESTLING SEASON ONLY)	ALL LEVELS EVERYONE WELCOME		
	ALL LEVELS 7:00PM - 8:30PM		ALL LEVELS 7:00PM - 8:30PM	ALL LEVELS 7:00PM - 8:30PM	6:30PM - 7:30PM		
EVENING SESSIONS	GRAPPLING	STRIKING	GRAPPLING	STRIKING	GRAPPLING	STRIKING/MUAY THAI FOR MMA Coach Existo (M)	
	KIDS MMA PROGRAM (6 - 13 YEARS OLD)						
	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
EVENING SESSIONS	TEEN MMA PROGRAM (14 - 17 YEARS OLD)						
	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
EVENING SESSIONS	BEGINNER MMA PROGRAM (18 + YEARS OLD)						
	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

PRO MMA PROGRAM
AMATEUR FIGHTERS
WELCOME

AMATEUR MMA PROGRAM
(ALL LEVELS)

BEGINNER MMA PROGRAM

TEENS MMA PROGRAM

KIDS MMA PROGRAM

JW WRESTLING CLUB
(NO KIDS OVER 16)

JW WRESTLING CLUB
(ADULTS AND KIDS ALL
LEVELS. ALL PROGRAMS
WELCOME)

PRO/AMATEUR TRAINING
* B - 16OZ Boxing Gloves
* M - MMA Sparring Gloves

FITNESS WORKOUT GYM IS AVAILABLE
ON PREMISES.

PRIVATE SESSIONS AVAILABLE FOR
GENERAL PUBLIC.

DUE TO POPULAR DEMAND
ALL SALES ARE FINAL. NO REFUNDS
ON CLASSES PURCHASED.