



JACKSON WINK MMA ACADEMY CLASS SCHEDULE

(OPEN 24/7 GYM ACCESS TO ALL THE MEMBERS)

www.jacksonwink.com
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(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 CONDITIONING	
	ALL LEVELS 10:00AM - 10:45AM					ALL LEVELS Coach Lujan 5:50AM - 7:30AM	
	INVITE ONLY WRESTLING DRILLS Coach Lujan (M)	155LB - HWY 10:30AM - 11:15AM		155LB - HWY 10:30AM - 11:15AM	ALL LEVELS 10:00AM - 11:00AM * Departing from gym	* Departing from gym * Location to be determined based on weather	
	11:00AM - 11:45AM All Weights * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMATEUR FIGHTERS	154LB - 125LB 11:15AM - 12:00PM	ALL LEVELS 11:00AM - 12:30PM	154LB - 125LB 11:15AM - 12:00PM			
	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/BEGINNERS 12:00PM - 1:00PM	
MIDDAY SESSIONS	JW TEAM MEETING 1st Monday of every month					BARE KNUCKLE BOXING DRILLS Coach East	
	1:00PM - 1:30PM					ALL LEVELS 1:00PM - 1:45PM	
	STRIKING DRILLS FOR MMA Coach Villaseñor (M/B)		CLINCH FOR MMA DRILLS Coach Villaseñor (M)	STRATEGY CLASS Coach Jackson			
	ALL LEVELS 1:30PM - 2:15PM		ALL LEVELS 4:00PM - 4:45PM	4:00PM - 4:30PM * Bring notepad			
	INVITE ONLY DRILLS MONDAY THROUGH THURSDAY * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMATEUR FIGHTERS						
	Coach Wink 5:00PM - 5:45PM All Weights	Coach Jackson 4:30PM - 5:00PM All Weights	Coach Wink 5:00PM - 5:45PM All Weights	Coach Jackson 4:30PM - 5:00PM All Weights	MMA/ALL STYLES WRESTLING Coach Lujan		
					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 6:00PM - 7:00PM	ALL LEVELS 5:00PM - 6:15PM	1ST FRIDAY OF EVERY MONTH		
	MMA/ALL STYLES WRESTLING Coach Lujan	ALL LEVELS 5:00PM - 6:15PM	MMA/ALL STYLES WRESTLING Coach Lujan	MMA/ALL STYLES WRESTLING Coach Lujan	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		
* 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
TEENS (14-17)	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
BEGINNER ADULT (18+)	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