



JACKSON WINK MMA ACADEMY

CLASS SCHEDULE

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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 Villasenor	PRO SPARRING Coach Wink (M)	DUNES RUN 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	ALL LEVELS 8:00AM - 9:15AM * Departing from gym	ALL LEVELS Coach Lujan 5:50AM - 7:30AM
	INVITE ONLY WRESTLING DRILLS Coach Lujan (M)						STRATEGY CLASS Coach Jackson	INVITE ONLY 10:00AM - 10:45AM * Bring notepad
	11:00AM - 11:45AM All Weights * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMATEUR FIGHTERS	AMMY SPARRING MMA FUNDAMENTALS Coach Villasenor (B)	AMMY SPARRING MMA FUNDAMENTALS Coach Villasenor (B)	AMMY SPARRING MMA FUNDAMENTALS Coach Villasenor (M)	WALL/MMA LIVE WRESTLING Coach Jackson (M)	STRIKING/MUAY THAI FOR MMA Coach Existo (M)		
	GROUND 'N POUND MMA FUNDAMENTALS Coach Villasenor (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	

MIDDAY SESSIONS	JW TEAM MEETING 1st Monday of every month						
	1:00PM - 1:30PM						
	STRIKING DRILLS FOR MMA Coach Villasenor (M/B)	CLINCH FOR MMA DRILLS Coach Villasenor (M)		OPEN GYM ACCESS TO ALL THE MEMBERS 24/7			
	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						
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			

EVENING SESSIONS	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)							
	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	ALL LEVELS 5:00PM - 6:00PM	OFF	OFF
	TEEN MMA PROGRAM (14 - 17 YEARS OLD)							
BEGINNER MMA PROGRAM (18 + 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	ALL LEVELS 5:30PM - 6:30PM	OFF	OFF	
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 6:30PM - 7:30PM	ALL LEVELS/BEGINNERS 12:00PM - 1:00PM	OFF	