



JACKSON WINK MMA ACADEMY CLASS SCHEDULE FOR 18 YEARS OLD +

(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	STRENGTH & CONDITIONING GENERAL PUBLIC	STRENGTH & CONDITIONING GENERAL PUBLIC	STRENGTH & CONDITIONING GENERAL PUBLIC	STRENGTH & CONDITIONING GENERAL PUBLIC	STRENGTH & CONDITIONING GENERAL PUBLIC	OUTSIDE CONDITIONING ALL TEAM... ALL HANDS ON DECK! ALL LEVELS, ALL PROGRAMS, AND ALL AGES with COACH JACKSON and Assistant Coaches 10:00AM - TBD MOUNTAINS, DUNES, HILL OF TEARS, FOOT HILLS, LA LUZ TRAIL, AND OTHER LOCATIONS! LOCATION TO BE DETERMINED AND ANNOUNCED IN ADVANCE.	REST DAY
	18 YEARS OLD + 7:00AM - 8:30AM COMING SOON	18 YEARS OLD + 7:00AM - 8:30AM COMING SOON	18 YEARS OLD + 7:00AM - 8:30AM COMING SOON	18 YEARS OLD + 7:00AM - 8:30AM COMING SOON	18 YEARS OLD + 7:00AM - 8:30AM COMING SOON		
	CARDIO KICKBOXING GENERAL PUBLIC	CARDIO KICKBOXING GENERAL PUBLIC	CARDIO KICKBOXING GENERAL PUBLIC	CARDIO KICKBOXING GENERAL PUBLIC	CARDIO KICKBOXING GENERAL PUBLIC		
	18 + YEARS OLD 9:30AM - 10:30AM COMING SOON	18 + YEARS OLD 9:30AM - 10:30AM COMING SOON	18 + YEARS OLD 9:30AM - 10:30AM COMING SOON	18 + YEARS OLD 9:30AM - 10:30AM COMING SOON	18 + YEARS OLD 9:30AM - 10:30AM COMING SOON		
	FIGHT CONDITIONING Coach Jackson	PRO SPARRING Coach Wink (B)	PRO WRESTLING Coach Villasenor	PRO SPARRING Coach Jackson (M)	WALL/MMA LIVE WRESTLING Coach Jackson (M)		
	PRO / AMMY 10:00AM - 10:45AM	155LB - HWY 10:30AM - 11:15AM 154LB - 125LB 11:15AM - 12:00PM	ALL LEVELS PRO/AMATEUR FIGHTERS HIGH SCHOOL WRESTLERS 11:00AM - 12:30PM	155LB - HWY 10:30AM - 11:15AM	PRO / AMMY FIGHTERS & HIGH SCHOOL WRESTLERS 12:00PM - 1:00PM		
	WRESTLING DRILLS Coach Lujan (M)			154LB - 125LB 11:15AM - 12:00PM			
	PRO / AMMY FIGHTERS & HIGH SCHOOL WRESTLERS 11:00AM - 11:45AM	AMMY SPARRING MMA FUNDAMENTALS Coach Villasenor (B)		AMMY SPARRING MMA FUNDAMENTALS Coach Villasenor (M)			
	GROUND 'N POUND MMA FUNDAMENTALS Coach Villasenor (M)	AMMY / PRO 12:00PM - 1:00PM		AMMY / PRO 12:00PM - 1:00PM			
	PRO / AMMY 12:00PM - 1:00PM						
MID DAY SESSIONS	INVITE ONLY DRILLS & STRATEGY CLASS MONDAY THROUGH THURSDAY * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMMY FIGHTERS				STRIKING DRILLS FOR MMA Coach Villasenor (M/B)		
	Coach Wink 3:00PM - 3:45PM All Weights	Coach Jackson 3:00PM - 3:30PM All Weights	Coach Wink 3:00PM - 3:45PM All Weights	Coach Jackson STRATEGY CLASS 2:30AM - 3:00PM	PRO / AMMY 1:00PM - 1:45PM		
	GRAPPLING FOR MMA Coach Jackson		CLINCH FOR MMA DRILLS Coach Villasenor (M)	GRAPPLING FOR MMA Coach Jackson			
		PRO / HIGH LEVEL AMMY NOVICE GRAPPLERS TRAIN (SEE BEGINNER PROGRAM) ON MON, WED, THUR 3:30PM - 4:30PM	PRO / AMMY 4:00PM - 4:45PM	PRO / HIGH LEVEL AMMY NOVICE GRAPPLERS TRAIN (SEE BEGINNER PROGRAM) ON MON, WED, THUR 3:30PM - 4:30PM			
EVENING SESSIONS	STRIKING (STAND UP FOR MMA) Coach Cruz (M/B)	STRIKING (STAND UP FOR MMA) Coach Villasenor (B)					
	PRO / AMMY 5:00PM - 6:00PM			PRO / AMMY 5:00PM - 6:00PM			
	BEGINNER MMA PROGRAM						
	GRAPPLING	STRIKING	GRAPPLING	STRIKING	GRAPPLING		
	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		

PRO MMA PROGRAM
AMMY FIGHTERS
WELCOME

AMMY MMA PROGRAM
PRO FIGHTERS
WELCOME

BEGINNER MMA PROGRAM
GENERAL PUBLIC
WELCOME

GENERAL PUBLIC
EVERYONE WELCOME

GLOVES REQUIREMENT:
* B - 16OZ BOXING GLOVES
* B - 14OZ BOXING GLOVES FOR
FEMALES
* M - MMA SPARRING GLOVES

REQUIRED GEAR FOR
STRIKING SPARRING OR
DRILLING CLASSES:
BOXING/MMA SPARRING GLOVES,
SHIN GUARDS, GROIN PROTECTION
(MALES), MOUTH GUARD, KNEE
AND ELBOW PADS, HEADGEAR
(OPTIONAL)

FITNESS WORKOUT AREA IS
AVAILABLE ON PREMISES.

PRIVATE SESSIONS AVAILABLE FOR
GENERAL PUBLIC.

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

PRO MMA PROGRAM
AMMY FIGHTERS
WELCOME

AMMY MMA PROGRAM
PRO FIGHTERS
WELCOME

BEGINNER MMA PROGRAM
GENERAL PUBLIC
WELCOME

GENERAL PUBLIC
EVERYONE WELCOME

GLOVES REQUIREMENT:
* B - 16OZ BOXING GLOVES
* B - 14OZ BOXING GLOVES FOR FEMALE
* M - MMA SPARRING GLOVES

**REQUIRED GEAR FOR
STRIKING SPARRING OR
DRILLING CLASSES:**
BOXING/MMA SPARRING GLOVES,
SHIN GUARDS, GROIN PROTECTION
(MALES), MOUTH GUARD, KNEE
AND ELBOW PADS, HEADGEAR
(OPTIONAL)

FITNESS WORKOUT AREA IS
AVAILABLE ON PREMISES.

PRIVATE SESSIONS AVAILABLE FOR
GENERAL PUBLIC.

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