



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)	MMA STRATEGY Coach Jackson	MOUNTAINS CONDITIONING		
	ALL LEVELS 10:00AM - 10:45AM						ALL LEVELS Coach Lujan 6:45AM - 9:00AM	
	INVITE ONLY WRESTLING DRILLS Coach Lujan (M)	155LB - HWY 10:30AM - 11:15AM			155LB - HWY 10:30AM - 11:15AM	INVITE ONLY	11:00AM - 11:45AM	Coach Tenneson 9:00AM - 11:00AM
	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			* Departing from gym * Location to be determined based on weather
	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)	BACK TO BASICS Coach Tenneson	
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 11:00AM - 12:00PM		
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				
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	MMA WRESTLING Coach Lujan			
	ALL LEVELS 6:00PM - 7:00PM		ALL LEVELS 6:00PM - 7:00PM		ALL LEVELS 6:00PM - 7:15PM	ALL LEVELS 6:00PM - 7:00PM		
	MMA WRESTLING Coach Lujan	ALL LEVELS 6:00PM - 7:15PM		MMA WRESTLING Coach Lujan				
ALL LEVELS 7:00PM - 8:00PM			ALL LEVELS 7:00PM - 8:00PM					
* 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	WRESTLING CONDITIONING		
	YOUNG ATHLETE MMA PROGRAM BOYS & GIRLS (6 - 13 YEARS OLD)							
	KIDS (6-13) TEENAGERS (14-18)	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
BEGINNER ADULT	YOUNG ATHLETE MMA PROGRAM BOYS & GIRLS (14 - 18 YEARS OLD) + BEGINNER ADULT MMA							
	ALL LEVELS 6:00PM - 7:00PM	ALL LEVELS 6:00PM - 7:00PM	ALL LEVELS 6:00PM - 7:00PM	ALL LEVELS 6:00PM - 7:00PM	ALL LEVELS 6:00PM - 7:00PM	ALL LEVELS 6:00PM - 7:00PM	OFF	OFF