



JACKSON WINK MMA ACADEMY CLASS SCHEDULE

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

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 Villasenor	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		* Departing from gym	
	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)	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							
	1:00PM - 1:30PM							
	STRIKING DRILLS FOR MMA Coach Villasenor (M/B)		CLINCH FOR MMA DRILLS Coach Villasenor (M)		STRATEGY CLASS Coach Jackson			
	ALL LEVELS 1:30PM - 2:15PM		ALL LEVELS 4:00PM - 4:45PM		5:00PM - 5:30PM * 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 5:30PM - 6:00PM All Weights	Coach Wink 5:00PM - 5:45PM All Weights	Coach Jackson 5:30PM - 6:00PM All Weights		MMA/ALL STYLES WRESTLING Coach Lujan		OFF	
					ALL LEVELS 6:00PM - 7:30PM			
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								
1ST FRIDAY OF EVERY MONTH								
ALL LEVELS EVERYONE WELCOME								
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/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	OFF
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	OFF	
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/BEGINNERS 12:00PM - 1:00PM	
							OFF	