



JACKSON WINK MMA ACADEMY

CLASS SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
EARLY DAY SESSIONS	INVITE ONLY WRESTLING DRILLS Coach Arsanov (M)	PRO SPARRING Coach Wink (B)	PRO WRESTLING Coach Arsanov	PRO SPARRING Coach Wink (M)	FIGHT CONDITIONING Coach Jackson	FIGHT CARDIO Coach Tenneson		
	11:00AM - 11:45AM All Weights * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMATEUR FIGHTERS	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 10:00AM - 11:00AM	ALL LEVELS 9:00AM - 11:00AM * Departing from gym at 9:00AM * Location to be determined based on weather		
	MMA FUNDAMENTALS GROUND 'N POUND Coach Villaseñor (M)	MMA FUNDAMENTALS SPARRING Coach Villaseñor (B)		MMA FUNDAMENTALS SPARRING Coach Villaseñor (M)	MMA FUNDAMENTALS GROUND 'N POUND Coach Villaseñor (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 12:00PM - 1:00PM	ALL LEVELS 11:00AM - 12:00PM	
MIDDAY SESSIONS	JW TEAM MEETING 1st and 3rd Monday of every month				LIVE WRESTLING Coach Arsanov			
	1:00PM - 1:30PM				ALL LEVELS 1:30PM - 2:30PM			
	PRO DRILLS Coach Villaseñor (M/B)				OPEN GYM ACCESS TO ALL THE MEMBERS 24/7			
	ALL LEVELS 1:30PM - 2:15PM							
	INVITE ONLY CLASSES in 45 MINUTES INCREMENTS MONDAY THROUGH THURSDAY * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMATEUR FIGHTERS							
Coach Wink 3:00PM - 3:45PM All Weights	Coach Jackson 2:15PM - 3:00PM 125lbs to 155lbs 3:00PM - 3:45PM 170lbs to HWY	MMA CLINCH Coach Villaseñor (M) ALL LEVELS 4:00PM - 4:45PM Coach Wink 5:00PM - 5:45PM All Weights	Coach Jackson 2:15PM - 3:00PM 125lbs to 155lbs 3:00PM - 3:45PM 170lbs to HWY					
EVENING SESSIONS	STRIKING Coach Villaseñor (B)	GRAPPLING Coach Jackson	STRIKING Coach Wink/Cruz (M/B)	GRAPPLING Coach Jackson	WRESTLING Coach Lujan			
	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			
	WRESTLING Coach Lujan	GRAPPLING OPEN MAT	WRESTLING Coach Lujan	GRAPPLING OPEN MAT	ALL LEVELS 6:00PM - 7:00PM			
ALL LEVELS 7:00PM - 8:00PM	ALL LEVELS 7:00PM - 7:45PM	ALL LEVELS 7:00PM - 8:00PM	ALL LEVELS 7:00PM - 7:45PM					
* 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
EVENING SESSIONS	YOUTH WRESTLING PROGRAM (10 - 17 YEARS OLD) with Coach Arsanov							
	TEENAGERS (10-17)	OFF	ALL LEVELS 7:00PM - 8:30PM	OFF	ALL LEVELS 7:00PM - 8:30PM	OFF	ALL LEVELS 12:00PM - 1:30PM	OFF