



JACKSON WINK MMA ACADEMY

CLASS SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY DAY SESSIONS	FIGHT CONDITIONING Coach Jackson	PRO SPARRING Coach Wink (B)	PRO WRESTLING Coach Arsanov	PRO SPARRING Coach Wink (M)	MMA STRATEGY Coach Jackson	FIGHT CARDIO Coach Tenneson	
	ALL LEVELS 10:00AM - 10:45AM						
	INVITE ONLY WRESTLING DRILLS Coach Arsanov (M)	155LB - HWY 10:30AM - 11:15AM		155LB - HWY 10:30AM - 11:15AM	INVITE ONLY	ALL LEVELS 9:00AM - 11:00AM * Departing from gym at 9:00AM * Location to be determined based on weather	
	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	11:30AM - 12:00PM		
	MMA FUNDAMENTALS GROUND 'N POUND Coach Villasenor (M)	MMA FUNDAMENTALS SPARRING Coach Villasenor (B)		MMA FUNDAMENTALS SPARRING Coach Villasenor (M)	MMA FUNDAMENTALS GROUND 'N POUND 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 and 3rd Monday of every month				LIVE WRESTLING Coach Arsanov		
	1:00PM - 1:30PM				ALL LEVELS 1:30PM - 2:30PM		
	PRO DRILLS Coach Villasenor (M/B)		MMA CLINCH 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 CLASSES MONDAY THROUGH THURSDAY * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMATEUR FIGHTERS						
Coach Wink	Coach Jackson	Coach Wink	Coach Jackson				
5:00PM - 5:45PM All Weights	5:30PM - 6:00PM All Weights	5:00PM - 5:45PM All Weights	5:30PM - 6:00PM All Weights				
EVENING SESSIONS	STRIKING Coach Villasenor (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				
	WRESTLING Coach Lujan	ALL LEVELS 6:00PM - 7:15PM	WRESTLING Coach Lujan	ALL LEVELS 6:00PM - 7:15PM	ALL LEVELS 6:00PM - 7:00PM		
	ALL LEVELS 7:00PM - 8:00PM		ALL LEVELS 7:00PM - 8:00PM				
<p>* B - 16OZ Boxing Gloves * M - MMA Sparring Gloves</p> <p>* ALL LEVELS (PRO AND AMATEUR FIGHTERS)</p> <p>CLASSES START ON TIME! JW GYM IS OPEN 24/7 FOR JW MEMBERS</p> <p>FITNESS WORKOUT GYM IS AVAILABLE ON PREMISES</p>							
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
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