



# JACKSON WINK MMA ACADEMY

## CLASS SCHEDULE

www.jacksonwink.com  
info@jacksonwink.com  
(505) 900-3947

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
<b>EARLY DAY SESSIONS</b>	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 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		11:00AM - 11:45AM		* 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)		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		
<b>MIDDAY SESSIONS</b>	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)		<b>OPEN GYM ACCESS TO ALL THE MEMBERS 24/7</b>					
	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	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		MMA WRESTLING Coach Lujan					
							ALL LEVELS 6:00PM - 7:00PM					
<b>EVENING SESSIONS</b>	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			
	ALL LEVELS 6:00PM - 7:00PM				ALL LEVELS 6:00PM - 7:00PM				1ST FRIDAY OF EVERY MONTH			
	MMA WRESTLING Coach Lujan		ALL LEVELS 6:00PM - 7:15PM		MMA WRESTLING Coach Lujan		ALL LEVELS 6:00PM - 7:15PM		ALL LEVELS EVERYONE WELCOME			
	ALL LEVELS 7:00PM - 8:00PM				ALL LEVELS 7:00PM - 8:00PM				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												
<b>EVENING SESSIONS</b>	GRAPPLING		STRIKING		GRAPPLING		STRIKING		GRAPPLING		STRIKING/MUAY THAI FOR MMA Coach Existo (M)	
	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
<b>BEGINNER ADULT</b>	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		ALL LEVELS/BEGINNERS 12:00PM - 1:00PM
											OFF	