



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 Villaseñor	PRO SPARRING Coach Wink (M)	MMA STRATEGY Coach Jackson	MOUNTAINS CONDITIONING		
	ALL LEVELS 10:00AM - 10:45AM	155LB - HWY 10:30AM - 11:15AM		155LB - HWY 10:30AM - 11:15AM		INVITE ONLY 10:30AM - 11:45AM	ALL LEVELS Coach Lujan 6:45AM - 9:00AM	
	INVITE ONLY WRESTLING DRILLS Coach Lujan (M)	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	
	11:00AM - 11:45AM All Weights * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMATEUR FIGHTERS		AMMY SPARRING MMA FUNDAMENTALS Coach Villaseñor (B)		AMMY SPARRING MMA FUNDAMENTALS Coach Villaseñor (M)	GROUND 'N POUND MMA FUNDAMENTALS Coach Villaseñor (M)	STRIKING/MUAY THAI FOR MMA Coach Existo (M)	
	GROUND 'N POUND MMA FUNDAMENTALS Coach Villaseñor (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			OPEN GYM ACCESS TO ALL THE MEMBERS 24/7				
	STRIKING DRILLS FOR MMA Coach Villaseñor (M/B)		CLINCH FOR MMA DRILLS Coach Villaseñor (M)					
	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		MMA WRESTLING Coach Lujan			
					ALL LEVELS 6:00PM - 7:00PM			
EVENING SESSIONS	STRIKING (STAND UP FOR MMA) Coach Villaseñor (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								
EVENING SESSIONS	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	OFF	
YOUNG ATHLETE MMA PROGRAM BOYS & GIRLS (14 - 18 YEARS OLD) + BEGINNER ADULT MMA								
BEGINNER ADULT	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	