



JACKSON WINK MMA ACADEMY CLASS SCHEDULE FOR 18 YEARS OLD +

(OPEN 24/7 GYM ACCESS TO ALL THE MEMBERS OVER 18 YEARS OLD)

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(505) 900-3947

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|--|---|---|
| EARLY DAY SESSIONS | STRENGTH & CONDITIONING GENERAL PUBLIC | STRENGTH & CONDITIONING GENERAL PUBLIC | STRENGTH & CONDITIONING GENERAL PUBLIC | STRENGTH & CONDITIONING GENERAL PUBLIC | STRENGTH & CONDITIONING GENERAL PUBLIC | OUTSIDE CONDITIONING | |
| | 18 YEARS OLD + 7:00AM - 8:30AM COMING SOON | 18 YEARS OLD + 7:00AM - 8:30AM COMING SOON | 18 YEARS OLD + 7:00AM - 8:30AM COMING SOON | 18 YEARS OLD + 7:00AM - 8:30AM COMING SOON | 18 YEARS OLD + 7:00AM - 8:30AM COMING SOON | ALL TEAM... ALL HANDS ON DECK! | |
| | CARDIO KICKBOXING GENERAL PUBLIC | CARDIO KICKBOXING GENERAL PUBLIC | CARDIO KICKBOXING GENERAL PUBLIC | CARDIO KICKBOXING GENERAL PUBLIC | CARDIO KICKBOXING GENERAL PUBLIC | ALL LEVELS, ALL PROGRAMS, AND ALL AGES with COACH JACKSON and Assistant Coaches | |
| | 18 + YEARS OLD 9:30AM - 10:30AM COMING SOON | 18 + YEARS OLD 9:30AM - 10:30AM COMING SOON | 18 + YEARS OLD 9:30AM - 10:30AM COMING SOON | 18 + YEARS OLD 9:30AM - 10:30AM COMING SOON | 18 + YEARS OLD 9:30AM - 10:30AM COMING SOON | 10:00AM - TBD | |
| | FIGHT CONDITIONING Coach Jackson | PRO SPARRING Coach Wink (B) | PRO WRESTLING Coach Villaseñor | PRO SPARRING Coach Jackson (M) | WALL/MMA LIVE WRESTLING Coach Jackson (M) | MOUNTAINS, DUNES, HILL OF TEARS, FOOT HILLS, LA LUZ TRAIL, AND OTHER LOCATIONS! | |
| | PRO / AMMY 10:00AM - 10:45AM | 155LB - HWY 10:30AM - 11:15AM 154LB - 125LB 11:15AM - 12:00PM | ALL LEVELS PRO/AMATEUR FIGHTERS HIGH SCHOOL WRESTLERS 11:00AM - 12:30PM | 155LB - HWY 10:30AM - 11:15AM | PRO / AMMY FIGHTERS & HIGH SCHOOL WRESTLERS 12:00PM - 1:00PM | LOCATION TO BE DETERMINED AND ANNOUNCED IN ADVANCE. | |
| | WRESTLING DRILLS Coach Lujan (M) | | | 154LB - 125LB 11:15AM - 12:00PM | | AMMY SPARRING MMA FUNDAMENTALS Coach Villaseñor (M) | COMING SOON !!! |
| | PRO / AMMY FIGHTERS & HIGH SCHOOL WRESTLERS 11:00AM - 11:45AM | | | GROUND 'N' POUND MMA FUNDAMENTALS Coach Villaseñor (M) | | | |
| | PRO / AMMY 12:00PM - 1:00PM | AMMY / PRO 12:00PM - 1:00PM | | | AMMY / PRO 12:00PM - 1:00PM | AMMY / PRO 12:00PM - 1:00PM | |
| | MID DAY SESSIONS | INVITE ONLY DRILLS & STRATEGY CLASS MONDAY THROUGH THURSDAY * SPECIALTY/FOCUS TRAINING FOR PRO and HIGH LEVEL AMMY FIGHTERS | | | | | STRIKING DRILLS FOR MMA Coach Villaseñor (M/B) |
| Coach Wink INVITE ONLY DRILLS 3:00PM - 3:45PM All Weights | | Coach Jackson INVITE ONLY DRILLS 3:00PM - 3:30PM All Weights | Coach Wink INVITE ONLY DRILLS 3:00PM - 3:45PM All Weights | Coach Jackson STRATEGY CLASS 2:30PM - 3:00PM INVITE ONLY DRILLS 3:00PM - 3:30PM | PRO / AMMY 1:00PM - 1:45PM | | |
| GRAPPLING FOR MMA Coach Jackson | | CLINCH FOR MMA DRILLS Coach Villaseñor (M) | GRAPPLING FOR MMA Coach Jackson | | | | |
| | | PRO / HIGH LEVEL AMMY NOVICE GRAPPLERS TRAIN ON MON, WED, THUR (SEE BEGINNER PROGRAM) 3:30PM - 4:30PM | PRO / AMMY 4:00PM - 4:45PM | PRO / HIGH LEVEL AMMY NOVICE GRAPPLERS TRAIN ON MON, WED, THUR (SEE BEGINNER PROGRAM) 3:30PM - 4:30PM | | | |
| EVENING SESSIONS | STRIKING (STAND UP FOR MMA) Coach Cruz (M/B) | STRIKING (STAND UP FOR MMA) Coach Villaseñor (B) | | | | | |
| | PRO / AMMY 5:00PM - 6:00PM | | PRO / AMMY 5:00PM - 6:00PM | | | | |
| | JW'S JIU-JITSU JUDO FUSION (JJFF) (EVERYONE WELCOME) | | | | | | |
| | JIU-JITSU | JUDO | JIU-JITSU | JUDO | JIU-JITSU | | |
| | 5:00PM - 6:00PM | 5:00PM - 6:00PM | 5:00PM - 6:00PM | 5:00PM - 6:00PM | 5:00PM - 6:00PM | | |
| | BEGINNER MMA PROGRAM (AMATEUR ATHLETES WELCOME) | | | | | | |
| GRAPPLING | STRIKING | GRAPPLING | STRIKING | GRAPPLING | | | |
| 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 6:30PM - 7:30PM | | | |

PRO MMA PROGRAM

AMMY FIGHTERS
WELCOME

AMMY MMA PROGRAM

PRO FIGHTERS
WELCOME

BEGINNER MMA PROGRAM

AMATEUR FIGHTERS
GENERAL PUBLIC
WELCOME

GENERAL PUBLIC

EVERYONE
WELCOME

JW'S JIU-JITSU JUDO FUSION

EVERYONE
WELCOME

GLOVES REQUIREMENT
FOR STAND UP TRAINING
AND SPARRING:
* B - 16OZ BOXING GLOVES
* B - 14OZ BOXING GLOVES FOR
FEMALES
* M - MMA SPARRING GLOVES
6/7OZ BOXING GLOVES FOR KIDS

REQUIRED GEAR FOR STRIKING
SPARRING OR DRILLING CLASSES:
BOXING/MMA SPARRING
GLOVES, SHIN GUARDS, GROIN
PROTECTION (MALES), MOUTH
GUARD, KNEE AND ELBOW
PADS, HEADGEAR (OPTIONAL)

WE HAVE ALL THE GEAR PACKAGES
AVAILABLE FOR SALE WITH
DISCOUNTED PRICES FOR
NEW MEMBERS.

FITNESS WORKOUT AREA IS AVAILABLE
ON PREMISES.

PRIVATE SESSIONS AVAILABLE FOR
GENERAL PUBLIC.

DUE TO POPULAR DEMAND
ALL SALES ARE FINAL.
NO REFUNDS
ON CLASSES PURCHASED.