



JACKSON WINK MMA ACADEMY CLASS SCHEDULE FOR 18 YEARS OLD +

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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
EARLY DAY SESSIONS	STRENGTH & CONDITIONING GENERAL PUBLIC 18 YEARS OLD + 7:00AM - 8:30AM COMING SOON	STRENGTH & CONDITIONING GENERAL PUBLIC 18 YEARS OLD + 7:00AM - 8:30AM COMING SOON	STRENGTH & CONDITIONING GENERAL PUBLIC 18 YEARS OLD + 7:00AM - 8:30AM COMING SOON	STRENGTH & CONDITIONING GENERAL PUBLIC 18 YEARS OLD + 7:00AM - 8:30AM COMING SOON	STRENGTH & CONDITIONING GENERAL PUBLIC 18 YEARS OLD + 7:00AM - 8:30AM COMING SOON	OUTSIDE CONDITIONING ALL TEAM... ALL HANDS ON DECK! ALL LEVELS, ALL PROGRAMS, AND ALL AGES with COACH and ASSISTANT COACHES TBD MOUNTAINS, DUNES, HILL OF TEARS, FOOT HILLS, LA LUZ TRAIL, AND OTHER LOCATIONS! LOCATION TO BE DETERMINED AND ANNOUNCED IN ADVANCE. COMING SOON !!!		
	CARDIO KICKBOXING GENERAL PUBLIC 18 + YEARS OLD 9:30AM - 10:30AM COMING SOON	CARDIO KICKBOXING GENERAL PUBLIC 18 + YEARS OLD 9:30AM - 10:30AM COMING SOON	CARDIO KICKBOXING GENERAL PUBLIC 18 + YEARS OLD 9:30AM - 10:30AM COMING SOON	CARDIO KICKBOXING GENERAL PUBLIC 18 + YEARS OLD 9:30AM - 10:30AM COMING SOON	CARDIO KICKBOXING GENERAL PUBLIC 18 + YEARS OLD 9:30AM - 10:30AM COMING SOON			
	FIGHT CONDITIONING Coach Jackson	PRO SPARRING Coach Wink (B)	PRO WRESTLING Coach Lujan	PRO SPARRING Coach Jackson (M)	WALL/MMA LIVE WRESTLING Coach Jackson (M)			
	PRO / AMMY 10:00AM - 10:45AM	155LB - HWY 10:30AM - 11:15AM 154LB - 125LB 11:15AM - 12:00PM	PRO / AMMY ALL LEVELS & HIGH SCHOOL WRESTLERS 11:00AM - 12:30PM	155LB - HWY 10:30AM - 11:15AM	PRO / AMMY ALL LEVELS & HIGH SCHOOL WRESTLERS 12:00PM - 1:00PM			
	WRESTLING DRILLS Coach Lujan (M)			154LB - 125LB 11:15AM - 12:00PM			154LB - 125LB 11:15AM - 12:00PM	
	PRO / AMMY ALL LEVES IN CAGE 11:30AM - 12:15PM			AMMY SPARRING MMA FUNDAMENTALS Coach Wink (B)			AMMY SPARRING MMA FUNDAMENTALS McLoughlin (M)	
	GROUND 'N POUND GETUPS Coach Lujan (M)	AMMY/PRO 12:00PM - 1:00PM		AMMY/PRO 12:00PM - 1:00PM				
	PRO / AMMY ALL LEVELS ON MATS 12:15PM - 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 Wink (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			GRAPPLING FOR MMA Coach Jackson					
		PRO / ADVANCED AMMY 3:30PM - 4:30PM		PRO / ADVANCED AMMY 3:30PM - 4:30PM				
EVENING SESSIONS	STRIKING (STAND UP FOR MMA) Coach Cruz (M/B)	BASIC GRAPPLING & THEORIES Coach Jackson		STRIKING (STAND UP FOR MMA) Coach Cruz (B)				
	PRO / AMMY ALL LEVELS 5:00PM - 6:00PM	PRO / AMMY ALL LEVELS 5:00PM - 5:45PM	PRO / AMMY ALL LEVELS 5:00PM - 6:00PM					
	JW'S JUDO FUSION (EVERYONE WELCOME)							
	JUDO		JUDO					
	5:00PM - 6:00PM		5:00PM - 6:00PM					
	AMATEUR MMA PROGRAM (ADVANCED THROUGH BEGINNER)							
	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

GENERAL PUBLIC

EVERYONE
WELCOME

JW'S 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