Small Group Classes April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 8:30-9:25am	2	3 8:30-9:25am	4	5 8:30-9:25am	6 <u>9-9:55am</u>
	BJJ No Gi Fundamentals 9:30-10:25am	9-9:55am	BJJ No Gi Fundamentals 9:30-10:25am		BJJ Gi Fundamentals 9:30-10:25am	Yoga 10 10 Form
	Kickboxing & Core	Yoga 10-10:55am	Kickboxing & Core		Kickboxing & Core	10-10:55am Corrective Exercise
2:30-3:30pm	11:30-12:25pm Strength & Mobility	Balance & Flexibility	11:30-12:25pm Strength & Mobility		11:30-12:25pm Strength & Mobility	11-11:55am All ages self defense
BJJ Belt Review	4:45-5:25pm	4:45-5:25pm		4:45-5:25pm	Strength & Mobility	12-12:55pm
	Kids Gi BJJ 5:30-6:25pm	Kids No Gi + Kickboxing 5:30-6:25pm	5:15-5:55pm Yoga	Kids No Gi + Kickboxing 5:30-6:25pm	5:30-7pm	Kickboxing & Core 1-2pm
	Gi BJJ	MMA Strength Circuit	<u>6-7pm</u>	No Gi BJJ	BJJ Open Mat/	BJJ Open Mat/
	6:30-7:30pm Kickboxing & Core	6:30-7:30pm No Gi BJJ	Kickboxing & Core 7-8pm	6:30-7:30pm Kickboxing & Core	Weekly Review	Weekly Review
		7:30-8pm	Gi BJJ	, and the second		
7	8 8:30-9:25am	BJJ Comp Class 9	10 8:30-9:25am	11	12 8:30-9:25am	13 _{10-10:55am}
'	BJJ No Gi Fundamentals	9-9:55am	BJJ No Gi Fundamentals		BJJ Gi Fundamentals	Yoga
	9:30-10:25am Kickboxing & Core	Yoga 10-10:55am	9:30-10:25am Kickboxing & Core		9:30-10:25am Kickboxing & Core	10-10:55am Corrective Exercise
	11:30-12:25pm	Balance & Flexibility	11:30-12:25pm		11:30-12:25pm	<u>11-11:55am</u>
2:30-3:30pm BJJ Belt Review	Strength & Mobility 4:45-5:25pm	4:45-5:25pm	Strength & Mobility	4:45-5:25pm	Strength & Mobility	All ages self defense 12-12:55pm
Doe Doit Horion	Kids Gi BJJ	Kids No Gi + Kickboxing	5:15-5:55pm	Kids No Gi + Kickboxing		Kickboxing & Core
	5:30-6:25pm Gi BJJ	5:30-6:25pm MMA Strength Circuit	Yoga 6-7pm	5:30-6:25pm No Gi BJJ	5:30-7pm BJJ Open Mat/	1-2pm BJJ Open Mat/
	6:30-7:30pm Kickboxing & Core	6:30-7:30pm No Gi BJJ	Kickboxing & Core 7-8pm	6:30-7:30pm Kickboxing & Core	Weekly Review	Weekly Review
	Rickboxing & core	7:30-8pm	Gi BJJ	Rickboxing & core		
		BJJ Comp Class				
14	15 8:30-9:25am BJJ No Gi Fundamentals	16	17 8:30-9:25am BJJ No Gi Fundamentals	18	19 <u>8:30-9:25am</u>	20 <u>10-10:55am</u>
	9:30-10:25am	<u>9-9:55am</u> Yoga	9:30-10:25am		BJJ Gi Fundamentals 9:30-10:25am	Yoga 10-10:55am
	Kickboxing & Core 11:30-12:25pm	10-10:55am Balance & Flexibility	Kickboxing & Core 11:30-12:25pm		Kickboxing & Core 11:30-12:25pm	Corrective Exercise 11-11:55am
2:30-3:30pm	Strength & Mobility	•	Strength & Mobility		Strength & Mobility	All ages self defense
BJJ Belt Review	4:45-5:25pm Kids Gi BJJ	4:45-5:25pm Kids No Gi + Kickboxing	<u>5:15-5:55pm</u>	4:45-5:25pm Kids No Gi + Kickboxing		12-12:55pm Kickboxing & Core
	5:30-6:25pm	5:30-6:25pm	Yoga	5:30-6:25pm	<u>5:30-7pm</u>	<u>1-2pm</u>
	Gi BJJ 6:30-7:30pm	MMA Strength Circuit 6:30-7:30pm	6-7pm Kickboxing & Core	No Gi BJJ 6:30-7:30pm	BJJ Open Mat/ Weekly Review	BJJ Open Mat/ Weekly Review
	Kickboxing & Core	No Gi BJJ 7:30-8pm	7-8pm Gi BJJ	Kickboxing & Core		
		BJJ Comp Class	GI BJJ			
21	22 <u>8:30-9:25am</u>	23	24 8:30-9:25am	25	26 8:30-9:25am	27 10-10:55am
	BJJ No Gi Fundamentals 9:30-10:25am	9-9:55am	BJJ No Gi Fundamentals 9:30-10:25am		BJJ Gi Fundamentals	Yoga
	Kickboxing & Core	Yoga 10-10:55am	Kickboxing & Core		9:30-10:25am Kickboxing & Core	10-10:55am Corrective Exercise
2:30-3:30pm	11:30-12:25pm Strength & Mobility	Balance & Flexibility	11:30-12:25pm Strength & Mobility		11:30-12:25pm Strength & Mobility	11-11:55am All ages self defense
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	Kids Gi BJJ 5:30-6:25pm	Kids No Gi + Kickboxing 5:30-6:25pm	5:15-5:55pm Yoga	Kids No Gi + Kickboxing 5:30-6:25pm	5:30-7pm	Kickboxing & Core 1-2pm
	Gi BJJ 6:30-7:30pm	MMA Strength Circuit 6:30-7:30pm	6-7pm Kickboxing & Core	No Gi BJJ 6:30-7:30pm	BJJ Open Mat/	BJJ Open Mat/
	Kickboxing & Core	No Gi BJJ	<u>7-8pm</u>	Kickboxing & Core	Weekly Review	Weekly Review
		7:30-8pm BJJ Comp Class	Gi BJJ			
28	29 8:30-9:25am	30	1 8:30-9:25am	2	3 8:30-9:25am	4 <u>10-10:55am</u>
	BJJ No Gi Fundamentals 9:30-10:25am		BJJ No Gi Fundamentals 9:30-10:25am		BJJ Gi Fundamentals	Yoga
	Kickboxing & Core	Yoga 10-10:55am	Kickboxing & Core		9:30-10:25am Kickboxing & Core	10-10:55am Corrective Exercise
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	Gi BJJ	MMA Strength Circuit	<u>6-7pm</u>	No Gi BJJ	BJJ Open Mat/	BJJ Open Mat/
	6:30-7:30pm Kickboxing & Core	6:30-7:30pm No Gi BJJ	Kickboxing & Core 7-8pm	6:30-7:30pm Kickboxing & Core	Weekly Review	Weekly Review
		7:30-8pm BJJ Comp Class	Gi BJJ			
5	6 8:30-9:25am	_ so comp olass	For more information	n: www.actionaca	l	I
"	BJJ No Gi Fundamentals	Classes in BLUE are free to members or \$10 each for visitors. Classes in GOLD TEXT are \$10 each or \$20/day for members or available for upgraded membership. Classes in GREEN TEXT are available by approval-only. These are not appropriate for 1st-time visits. Classes in PURPLE TEXT are available for children/ minors younger than 13+ years old.				
	9:30-10:25am Kickboxing & Core					
	11:30-12:25pm					
2:30-3:30pm BJJ Belt Review	Strength & Mobility 4:45-5:25pm		spot online or by contact	ing us directly*** v suspend classes and se	rvices due to holidave	
	Kids Gi BJJ	and extenuating circums	ances including but not limited to illness, inclement weather, or emergency.			
	5:30-6:25pm Gi BJJ	Closure of D11, D49, or D20 schools due to weather and/or road conditions will generally indicate suspension of Back in Action Wellness and Action Academy classes and services but will be done at each coach's discretion.				
	6:30-7:30pm Kickboxing & Core	Only those who have reserved class spots will be contacted in the event of class cancellation! For updates on hours, booking, and/or closures, please contact owner Tia Blachowski via call/text at				
	Mickboxing & Core		ooking, and/or closures, nail ActionAcademyTeam		a biacnowski via cali/text	at
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