

Small Group Training Dec. 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 6-7am MMA Strength Training 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ 5:30-6:25pm Kickboxing & Core 6:30-7:30pm Gi BJJ	2 9-9:55am Active Recovery 10-10:55am Balance & Stability 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Conditioning 6:30-7:30pm No-Gi BJJ	3 6-7am MMA Strength Training 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ 5:30-6:25pm Kickboxing & Core 6:30-7:30pm Gi BJJ	4 10-10:55am Strength Basics 4:45-5:25pm Kids No-Gi 5:30-6:25pm Striking Basics 6:30-7:30pm No-Gi BJJ	5 6-7am MMA Strength Training 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility	6 9-9:55am Active Recovery
7	8 6-7am MMA Strength Training 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ 5:30-6:25pm Kickboxing & Core 6:30-7:30pm Gi BJJ	9 9-9:55am Active Recovery 10-10:55am Balance & Stability 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Conditioning 6:30-7:30pm No-Gi BJJ	10 No MMA Strength 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ 5:30-6:25pm Kickboxing & Core 6:30-7:30pm Gi BJJ	11 10-10:55am Strength Basics 4:45-5:25pm Kids No-Gi 5:30-6:25pm Striking Basics 6:30-7:30pm No-Gi BJJ	12 6-7am MMA Strength Training 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility	13 9-9:55am Active Recovery
14	15 6-7am MMA Strength Training 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ 5:30-6:25pm Kickboxing & Core 6:30-7:30pm Gi BJJ	16 9-9:55am Active Recovery 10-10:55am Balance & Stability 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Conditioning 6:30-7:30pm No-Gi BJJ	17 6-7am MMA Strength Training 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ 5:30-6:25pm Kickboxing & Core 6:30-7:30pm Gi BJJ	18 10-10:55am Strength Basics 4:45-5:25pm Kids No-Gi 5:30-6:25pm Striking Basics 6:30-7:30pm No-Gi BJJ	19 6-7am MMA Strength Training 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility	20 9-9:55am Active Recovery
21	22 6-7am MMA Strength Training 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ 5:30-6:25pm Kickboxing & Core 6:30-7:30pm Gi BJJ	23 9-9:55am Active Recovery 10-10:55am Balance & Stability 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Conditioning 6:30-7:30pm No-Gi BJJ	24	25 NO CLASSES/ STAFF MERRY CHRISTMAS!	26	27 9-9:55am Active Recovery
28	29 6-7am MMA Strength Training 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ 5:30-6:25pm Kickboxing & Core 6:30-7:30pm Gi BJJ	30 9-9:55am Active Recovery 10-10:55am Balance & Stability 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Conditioning 6:30-7:30pm No-Gi BJJ	31	1	2 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility	3 9-9:55am Active Recovery
<p>For more information and program announcements: www.actionacademy.info Classes in PURPLE TEXT are available for children/ minors younger than 13+ years old. ***Please reserve your spot by contacting us directly*** Back in Action Wellness and Action Academy may suspend classes and services due to holidays and extenuating circumstances including but not limited to illness, inclement weather, or emergency. 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. Only those who have reserved class spots will be contacted directly in the event of class cancellation! For updates on hours, booking, and/or closures, please contact us via text at 318.218.0230 and/or email ActionAcademyTeam@gmail.com</p>						