

# Small Group Classes July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <u>9-9:55am</u> Yoga <u>10-10:55am</u> Balance & Flexibility <u>4:45-5:25pm</u> Kids MMA Conditioning <u>5:30-6:25pm</u> MMA Conditioning <u>6:30-7:30pm</u> No Gi BJJ	<b>2</b> <u>6-7am</u> MMA Strength Training  <u>11:30am-12:25pm</u> Strength & Mobility <u>4:45-5:25pm</u> Kids Gi BJJ <u>5:30-6:25pm</u> Kickboxing & Core <u>6:30-7:30pm</u> Gi BJJ	<b>3</b>  <u>10-10:55am</u> Strength Basics <u>4:45-5:25pm</u> Kids Self-Defense <u>5:30-6:25pm</u> Self-Defense: Striking <u>6:30-7:30pm</u> Self-Defense: Grappling	<b>4</b>  NO CLASSES/ STAFF HAPPY INDEPENDENCE DAY	<b>5</b>  <u>9-9:55am</u> Yoga
<b>6</b>	<b>7</b> <u>6-7am</u> MMA Strength Training  <u>11:30am-12:25pm</u> Strength & Mobility <u>4:45-5:25pm</u> Kids Gi BJJ <u>5:30-6:25pm</u> Kickboxing & Core <u>6:30-7:30pm</u> Gi BJJ	<b>8</b> <u>9-9:55am</u> Yoga <u>10-10:55am</u> Balance & Flexibility <u>4:45-5:25pm</u> Kids MMA Conditioning <u>5:30-6:25pm</u> MMA Conditioning <u>6:30-7:30pm</u> No Gi BJJ	<b>9</b> <u>6-7am</u> MMA Strength Training  <u>11:30am-12:25pm</u> Strength & Mobility <u>4:45-5:25pm</u> Kids Gi BJJ <u>5:30-6:25pm</u> Kickboxing & Core <u>6:30-7:30pm</u> Gi BJJ	<b>10</b>  <u>10-10:55am</u> Strength Basics <u>4:45-5:25pm</u> Kids Self-Defense <u>5:30-6:25pm</u> Self-Defense: Striking <u>6:30-7:30pm</u> Self-Defense: Grappling	<b>11</b> <u>6-7am</u> MMA Strength Training  <u>11:30-12:25pm</u> Strength & Mobility	<b>12</b>  <u>9-9:55am</u> Yoga
<b>13</b>	<b>14</b> <u>6-7am</u> MMA Strength Training  <u>11:30am-12:25pm</u> Strength & Mobility <u>4:45-5:25pm</u> Kids Gi BJJ <u>5:30-6:25pm</u> Kickboxing & Core <u>6:30-7:30pm</u> Gi BJJ	<b>15</b> <u>9-9:55am</u> Yoga <u>10-10:55am</u> Balance & Flexibility <u>4:45-5:25pm</u> Kids MMA Conditioning <u>5:30-6:25pm</u> MMA Conditioning <u>6:30-7:30pm</u> No Gi BJJ	<b>16</b> <u>6-7am</u> MMA Strength Training  <u>11:30am-12:25pm</u> Strength & Mobility <u>4:45-5:25pm</u> Kids Gi BJJ <u>5:30-6:25pm</u> Kickboxing & Core <u>6:30-7:30pm</u> Gi BJJ	<b>17</b>  <u>10-10:55am</u> Strength Basics <u>4:45-5:25pm</u> Kids Self-Defense <u>5:30-6:25pm</u> Self-Defense: Striking <u>6:30-7:30pm</u> Self-Defense: Grappling	<b>18</b>  NO MMA STRENGTH  <u>11:30-12:25pm</u> Strength & Mobility	<b>19</b>  <u>9-9:55am</u> Yoga
<b>20</b>	<b>21</b> <u>6-7am</u> MMA Strength Training  <u>11:30am-12:25pm</u> Strength & Mobility <u>4:45-5:25pm</u> Kids Gi BJJ <u>5:30-6:25pm</u> Kickboxing & Core <u>6:30-7:30pm</u> Gi BJJ	<b>22</b> <u>9-9:55am</u> Yoga <u>10-10:55am</u> Balance & Flexibility <u>4:45-5:25pm</u> Kids MMA Conditioning <u>5:30-6:25pm</u> MMA Conditioning <u>6:30-7:30pm</u> No Gi BJJ	<b>23</b> <u>6-7am</u> MMA Strength Training  <u>11:30am-12:25pm</u> Strength & Mobility <u>4:45-5:25pm</u> Kids Gi BJJ <u>5:30-6:25pm</u> Kickboxing & Core <u>6:30-7:30pm</u> Gi BJJ	<b>24</b>  <u>10-10:55am</u> Strength Basics <u>4:45-5:25pm</u> Kids Self-Defense <u>5:30-6:25pm</u> Self-Defense: Striking <u>6:30-7:30pm</u> Self-Defense: Grappling	<b>25</b> <u>6-7am</u> MMA Strength Training  <u>11:30-12:25pm</u> Strength & Mobility	<b>26</b>  <u>9-9:55am</u> Yoga
<b>27</b>	<b>28</b> <u>6-7am</u> MMA Strength Training  <u>11:30am-12:25pm</u> Strength & Mobility <u>4:45-5:25pm</u> Kids Gi BJJ <u>5:30-6:25pm</u> Kickboxing & Core <u>6:30-7:30pm</u> Gi BJJ	<b>29</b> <u>9-9:55am</u> Yoga <u>10-10:55am</u> Balance & Flexibility <u>4:45-5:25pm</u> Kids MMA Conditioning <u>5:30-6:25pm</u> MMA Conditioning <u>6:30-7:30pm</u> No Gi BJJ	<b>30</b> <u>6-7am</u> MMA Strength Training  <u>11:30am-12:25pm</u> Strength & Mobility <u>4:45-5:25pm</u> Kids Gi BJJ <u>5:30-6:25pm</u> Kickboxing & Core <u>6:30-7:30pm</u> Gi BJJ	<b>31</b>  <u>10-10:55am</u> Strength Basics <u>4:45-5:25pm</u> Kids Self-Defense <u>5:30-6:25pm</u> Self-Defense: Striking <u>6:30-7:30pm</u> Self-Defense: Grappling		
	<p>For more information: <a href="http://www.actionacademy.info">www.actionacademy.info</a> 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 special events that may have different cost and/or require invitation. Classes in PURPLE TEXT are available for children/ minors younger than 13+ years old. ***Please reserve your spot online or by contacting us directly*** Back in Action Wellness and Action Academy may suspend classes and services due to federal 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. <b>Only those who have reserved class spots will be contacted in the event of class cancellation!</b> For updates on hours, booking, and/or closures, please contact owner Tia Blachowski via call/text at 318.218.0230 and/or email ActionAcademyTeam@gmail.com</p>					