

Small Group Training June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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 5:30-6:25pm MMA HIIT 6:30-7:30pm No-Gi BJJ	3 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 MMA 5:30-6:25pm MMA HIIT 6:30-7:30pm No-Gi BJJ	5 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility	6
7	8 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 5:30-6:25pm MMA HIIT 6:30-7:30pm No-Gi BJJ	10 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 MMA 5:30-6:25pm MMA HIIT 6:30-7:30pm No-Gi BJJ	12 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility	13
14	15 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 5:30-6:25pm MMA HIIT 6:30-7:30pm No-Gi BJJ	17 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 MMA 5:30-6:25pm MMA HIIT 6:30-7:30pm No-Gi BJJ	19 NO CLASSES/ STAFF IN OBSERVANCE OF JUNETEENTH	20
21	22 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 5:30-6:25pm MMA HIIT 6:30-7:30pm No-Gi BJJ	24 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	25 10-10:55am Strength Basics 4:45-5:25pm Kids MMA 5:30-6:25pm MMA HIIT 6:30-7:30pm No-Gi BJJ	26 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility	27
28	29 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 5:30-6:25pm MMA HIIT 6:30-7:30pm No-Gi BJJ				
<p>For more information and program announcements: www.actionacademy.info Classes in BLUE TEXT are available for all memberships that include group classes Classes in GREEN TEXT are available for those with Combat Sports memberships Classes in PURPLE TEXT are available for children/ minors (ages 13+ may be eligible for adult classes) ***Please reserve your spot by contacting us directly***</p> <p>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 and/or closures, please check our website www.actionacademy.info for announcements and/ or contact us via text at 318.218.0230 and/or email ActionAcademyTeam@gmail.com</p>						