

Small Group Training March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 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	3 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	4 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	5 10-10:55am Strength Basics 4:45-5:25pm Kids No-Gi BJJ 5:30-6:25pm Striking Basics 6:30-7:30pm No-Gi BJJ	6 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility	7 9-9:55am Active Recovery
8	9 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	10 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	11 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	12 10-10:55am Strength Basics 4:45-5:25pm Kids No-Gi BJJ 5:30-6:25pm Striking Basics 6:30-7:30pm No-Gi BJJ	13 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility	14 9-9:55am Active Recovery
15	16 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	17 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	18 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	19 10-10:55am Strength Basics 4:45-5:25pm Kids No-Gi BJJ 5:30-6:25pm Striking Basics 6:30-7:30pm No-Gi BJJ	20 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility	21 9-9:55am Active Recovery
22	23 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	24 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	25 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	26 10-10:55am Strength Basics 4:45-5:25pm Kids No-Gi BJJ 5:30-6:25pm Striking Basics 6:30-7:30pm No-Gi BJJ	27 9-9:55am Strength & Mobility 11:30am-12:25pm Strength & Mobility	28 9-9:55am Active Recovery
29	30 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	31 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				
<p>For more information and program announcements: www.actionacademy.info Classes in BLUE TEXT are available for all 2025 & 2026 memberships or group class memberships 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>						