

Group Training October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <u>10-10:55am</u> Strength Basics <u>4:45-5:25pm</u> Kids MMA <u>5:30-6:25pm</u> Weapons Defense <u>6:30-7:30pm</u> No-Gi BJJ	2 <u>10-10:55am</u> Strength & Mobility	3
4	5 <u>10-10:55am</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	6 <u>10-10:55am</u> Balance & Stability <u>4:45-5:25pm</u> Kids MMA <u>5:30-6:25pm</u> MMA HIIT <u>6:30-7:30pm</u> No-Gi BJJ	7 <u>10-10:55am</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	8 <u>10-10:55am</u> Strength Basics <u>4:45-5:25pm</u> Kids MMA <u>5:30-6:25pm</u> Weapons Defense <u>6:30-7:30pm</u> No-Gi BJJ	9 <u>10-10:55am</u> Strength & Mobility	10
11	12 NO CLASSES/ STAFF IN OBSERVANCE OF INDIGENOUS PEOPLES' DAY	13 <u>10-10:55am</u> Balance & Stability <u>4:45-5:25pm</u> Kids MMA <u>5:30-6:25pm</u> MMA HIIT <u>6:30-7:30pm</u> No-Gi BJJ	14 <u>10-10:55am</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	15 <u>10-10:55am</u> Strength Basics <u>4:45-5:25pm</u> Kids MMA <u>5:30-6:25pm</u> Weapons Defense <u>6:30-7:30pm</u> No-Gi BJJ	16 <u>10-10:55am</u> Strength & Mobility	17
18	19 <u>10-10:55am</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	20 <u>10-10:55am</u> Balance & Stability <u>4:45-5:25pm</u> Kids MMA <u>5:30-6:25pm</u> MMA HIIT <u>6:30-7:30pm</u> No-Gi BJJ	21 <u>10-10:55am</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	22 <u>10-10:55am</u> Strength Basics <u>4:45-5:25pm</u> Kids MMA <u>5:30-6:25pm</u> Weapons Defense <u>6:30-7:30pm</u> No-Gi BJJ	23 <u>10-10:55am</u> Strength & Mobility	24
25	26 <u>10-10:55am</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	27 <u>10-10:55am</u> Balance & Stability <u>4:45-5:25pm</u> Kids MMA <u>5:30-6:25pm</u> MMA HIIT <u>6:30-7:30pm</u> No-Gi BJJ	28 <u>10-10:55am</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	29 <u>10-10:55am</u> Strength Basics <u>4:45-5:25pm</u> Kids MMA <u>5:30-6:25pm</u> Weapons Defense <u>6:30-7:30pm</u> No-Gi BJJ	30 <u>10-10:55am</u> Strength & Mobility	31
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*** 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						