

Small Group Classes Dec. 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|---|--|------------------------|
| 1 | 2 8-8:55am BJJ Gi Fundamentals 9-9:55am Kickboxing & Core 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 Yoga 10-10:55am Balance & Flexibility 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Strength Circuit 6:30-7:30pm No Gi BJJ | 4 8-8:55am BJJ Gi Fundamentals 9-9:55am Kickboxing & Core 11:30-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ 5:30-6:25pm Kickboxing & Core 6-6:55pm Yoga 6:30-7:30pm Gi BJJ | 5 10-10:55am Strength Basics 4:45-5:25pm Kids No Gi + Kickboxing 5:30-6:25pm Kickboxing & Core 6:30-7:30pm No Gi BJJ | 6 8-8:55am BJJ No Gi Fundamentals 9-9:55am Kickboxing & Core 11:30-12:25pm Strength & Mobility 5-5:30pm Open Mat (All ages) 5:30-6:30pm Open Mat (Adults) | 7 9-9:55am Yoga |
| 8 | 9 8-8:55am BJJ Gi Fundamentals 9-9:55am Kickboxing & Core 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 Yoga 10-10:55am Balance & Flexibility 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Strength Circuit 6:30-7:30pm No Gi BJJ | 11 8-8:55am BJJ Gi Fundamentals 9-9:55am Kickboxing & Core 11:30-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ 5:30-6:25pm Kickboxing & Core 6-6:55pm Yoga 6:30-7:30pm Gi BJJ | 12 10-10:55am Strength Basics 4:45-5:25pm Kids No Gi + Kickboxing 5:30-6:25pm Kickboxing & Core 6:30-7:30pm No Gi BJJ | 13 8-8:55am BJJ No Gi Fundamentals 9-9:55am Kickboxing & Core 11:30-12:25pm Strength & Mobility 5-5:30pm Open Mat (All ages) 5:30-6:30pm Open Mat (Adults) | 14 9-9:55am Yoga |
| 15 | 16 8-8:55am BJJ Gi Fundamentals 9-9:55am Kickboxing & Core 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 Yoga 10-10:55am Balance & Flexibility 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Strength Circuit 6:30-7:30pm No Gi BJJ | 18 8-8:55am BJJ Gi Fundamentals 9-9:55am Kickboxing & Core 11:30-12:25pm Strength & Mobility 4:45-5:25pm Kids Gi BJJ 5:30-6:25pm Kickboxing & Core 6-6:55pm Yoga 6:30-7:30pm Gi BJJ | 19 10-10:55am Strength Basics 4:45-5:25pm Kids No Gi + Kickboxing 5:30-6:25pm Kickboxing & Core 6:30-7:30pm No Gi BJJ | 20 8-8:55am BJJ No Gi Fundamentals 9-9:55am Kickboxing & Core 11:30-12:25pm Strength & Mobility 5-5:30pm Open Mat (All ages) 5:30-6:30pm Open Mat (Adults) | 21 9-9:55am Yoga |
| 22 | 23 8-8:55am BJJ Gi Fundamentals 9-9:55am Kickboxing & Core 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 | 25 NO STAFF MERRY CHRISTMAS! | 26 | 27 BJJ No Gi Fundamentals 9-9:55am Kickboxing & Core 11:30-12:25pm Strength & Mobility 5-5:30pm Open Mat (All ages) 5:30-6:30pm Open Mat (Adults) | 28 9-9:55am Yoga |
| 29 | 30 8-8:55am BJJ Gi Fundamentals 9-9:55am Kickboxing & Core 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 | 1 NO STAFF HAPPY NEW YEAR! | | | |
| 5 | <p>For more information: www.actionacademy.info 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 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 in the event of class cancellation! 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> | | | | | |