

Small Group Classes June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6-7am MMA Strength Training 7:30-8:30am MMA Strength Training 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 Kickboxing Conditioning 6:30-7:30pm No Gi BJJ	4 6-7am MMA Strength Training 7:30-8:30am MMA Strength Training 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 MMA Conditioning 5:30-6:25pm Kickboxing Conditioning 6:30-7:30pm No Gi BJJ	6 NO MMA STRENGTH 11:30-12:25pm Strength & Mobility Open Mat Location & Time TBA Each Week	7 9-9:55am Yoga
8	9 NO MMA STRENGTH 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 Kickboxing Conditioning 6:30-7:30pm No Gi BJJ	11 6-7am MMA Strength Training 7:30-8:30am MMA Strength Training 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 MMA Conditioning 5:30-6:25pm Kickboxing Conditioning 6:30-7:30pm No Gi BJJ	13 6-7am MMA Strength Training 7:30-8:30am MMA Strength Training 11:30-12:25pm Strength & Mobility Open Mat Location & Time TBA Each Week	14 9-9:55am Yoga
15	16 6-7am MMA Strength Training 7:30-8:30am MMA Strength Training 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 Kickboxing Conditioning 6:30-7:30pm No Gi BJJ	18 6-7am MMA Strength Training 7:30-8:30am MMA Strength Training 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 MMA Conditioning 5:30-6:25pm Kickboxing Conditioning 6:30-7:30pm No Gi BJJ	20 6-7am MMA Strength Training 7:30-8:30am MMA Strength Training 11:30-12:25pm Strength & Mobility Open Mat Location & Time TBA Each Week	21 9-9:55am Yoga
22	23 6-7am MMA Strength Training 7:30-8:30am MMA Strength Training 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 Yoga 10-10:55am Balance & Flexibility 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm Kickboxing Conditioning 6:30-7:30pm No Gi BJJ	25 6-7am MMA Strength Training 7:30-8:30am MMA Strength Training 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 MMA Conditioning 5:30-6:25pm Kickboxing Conditioning 6:30-7:30pm No Gi BJJ	27 6-7am MMA Strength Training 7:30-8:30am MMA Strength Training 11:30-12:25pm Strength & Mobility Open Mat Location & Time TBA Each Week	28 9-9:55am Yoga
29	30 6-7am MMA Strength Training 7:30-8:30am MMA Strength Training 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	1 9-9:55am Yoga 10-10:55am Balance & Flexibility 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm Kickboxing Conditioning 6:30-7:30pm No Gi BJJ	2 6-7am MMA Strength Training 7:30-8:30am MMA Strength Training 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 10-10:55am Strength Basics 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm Kickboxing Conditioning 6:30-7:30pm No Gi BJJ	4 NO CLASSES/ STAFF HAPPY INDEPENDENCE DAY	5 9-9:55am Yoga
6	<p>For more information: www.actionacademy.info</p> <p>Classes in BLUE are free to members or \$10 each for visitors.</p> <p>Classes in GOLD TEXT are \$10 each or \$20/day for members or available for upgraded membership.</p> <p>Classes in GREEN TEXT are special events that may have different cost and/or require invitation.</p> <p>Classes in PURPLE TEXT are available for children/ minors younger than 13+ years old.</p> <p>***Please reserve your spot online or by contacting us directly***</p> <p>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.</p> <p>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.</p> <p>Only those who have reserved class spots will be contacted in the event of class cancellation!</p> <p>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>					