

Small Group Classes May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 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	29 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	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 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	2 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	3 9-9:55am Yoga
4	5 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	6 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	7 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	8 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	9 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	10 9-9:55am Yoga
11	12 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	13 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	14 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	15 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	16 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	17 9-9:55am Yoga
18	19 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	20 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	21 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	22 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	23 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	24 9-9:55am Yoga
25	26 NO CLASSES/ STAFF IN OBSERVANCE OF MEMORIAL DAY	27 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	28 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	29 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	30 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	31 9-9:55am Yoga
1	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 federal 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					