

Small Group Classes Sept. 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO CLASSES/ STAFF IN OBSERVANCE OF LABOR DAY	2 9-9:55am Yoga 10-10:55am Balance & Flexibility 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Conditioning 6:30-7:30pm No Gi BJJ	3 6-7am 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	4 10-10:55am Strength Basics 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Conditioning 6:30-7:30pm No Gi BJJ	5 6-7am MMA Strength Training 11:30-12:25pm Strength & Mobility	6 9-9:55am Yoga
7	8 6-7am 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	9 9-9:55am Yoga 10-10:55am Balance & Flexibility 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Conditioning 6:30-7:30pm No Gi BJJ	10 6-7am 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	11 10-10:55am Strength Basics 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Conditioning 6:30-7:30pm No Gi BJJ	12 6-7am MMA Strength Training 11:30-12:25pm Strength & Mobility	13 9-9:55am Yoga
14	15 6-7am 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	16 9-9:55am Yoga 10-10:55am Balance & Flexibility 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Conditioning 6:30-7:30pm No Gi BJJ	17 6-7am 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	18 10-10:55am Strength Basics 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Conditioning 6:30-7:30pm No Gi BJJ	19 6-7am MMA Strength Training 11:30-12:25pm Strength & Mobility	20 9-9:55am Yoga
21	22 6-7am 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	23 9-9:55am Yoga 10-10:55am Balance & Flexibility 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Conditioning 6:30-7:30pm No Gi BJJ	24 6-7am 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	25 10-10:55am Strength Basics 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Conditioning 6:30-7:30pm No Gi BJJ	26 6-7am MMA Strength Training 11:30-12:25pm Strength & Mobility	27 9-9:55am Yoga
28	29 6-7am 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	30 9-9:55am Yoga 10-10:55am Balance & Flexibility 4:45-5:25pm Kids MMA Conditioning 5:30-6:25pm MMA Conditioning 6:30-7:30pm No Gi BJJ				
	<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, \$15 for visitors, or available with 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</p>					