

JACKSON WINK MMA ACADEMY CLASS SCHEDULE

www.jacksonwink.com info@jacksonwink.com (505) 900-3947

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	PRO MMA Coach Jackson (M)	PRO SPARRING Coach Wink (B)	PRO WRESTLING Coach Villasenor	PRO SPARRING Coach Wink (M)	MMA FUNDAMENTALS GROUND 'N POUND Coach Villasenor	FIGHT CARDIO Coach Tenneson	
EARLY DAY SESSIONS		155LB - HWY 10:30AM - 11:15AM	11:00AM - 12:00PM	155LB - HWY 10:30AM - 11:15AM	ALL LEVELS 12:00PM - 1:00PM	ALL LEVELS 9:00AM - 11:00AM * Departing from gym at 9:00AM. Location to be determined based on weather.	
		154LB - 125LB 11:15AM - 12:00PM		154LB - 125LB 11:15AM - 12:00PM			
	MMA FUNDAMENTALS Coach Villasenor (M)	MMA FUNDAMENTALS Coach Villasenor (B)	WRESTLING FUNDAMENTALS Coach Tenneson	MMA FUNDAMENTALS Coach Villasenor (M)		BACK TO BASICS Coach Tenneson	OFF
	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS		ALL LEVELS	
	12:00PM - 1:00PM	12:00PM - 1:00PM	12:00PM - 1:00PM	12:00PM - 1:00PM		11:00AM - 12:00PM	
MIDDAY SESSIONS	JW TEAM MEETING 1st Monday of every month						
	1:00PM - 1:30PM						
	PRO DRILLS	OFF					
INVITE ONLY PRO SESSIONS	1:30PM - 2:15PM						
* Bring all your	COACH JACKSON/WINK/VELLASENOR INVITE ONLY						
sparring gear	INVITE ONLY CLASSES in 45 MINUTES INCREMENTS 1:45PM - 4:30PM					OFF	
	* SPECIALTY TRAINING/SPARRING						
EVENING SESSIONS	STRIKING Coach Villasenor	GRAPPLING	STRIKING Coach Gibson	GRAPPLING	WRESTLING Coach Escobar		
	ALL LEVELS	ALL LEVELS	ALL LEVELS 6:00PM - 7:00PM	ALL LEVELS	ALL LEVELS	OFF	
	6:00PM - 7:00PM	6:00PM - 7:00PM		6:00PM - 7:00PM	6:00PM - 7:30PM		
	WRESTLING Coach Cooper	GRAPPLING OPEN MAT		GRAPPLING OPEN MAT	GRACIE BARRA GRAPPLING OPEN MAT		OFF
	ALL LEVELS 7:00PM - 8:00PM	ALL LEVELS 7:00PM - 7:45PM		ALL LEVELS 7:00PM - 7:45PM	1st Friday of Every Month w/ Gracie Barra Team 6:30PM - 7:30PM		