



1860 WEST AVE
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HOURS OF OPERATION
Mon / Frid 7 am - 9 pm
Saturday 8 am - 3 pm
Sunday 9 am - 1 pm

SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 9:00 AM	KICK BOXING.	KICK BOXING.	KICK BOXING.	KICK BOXING.	KICK BOXING.		
9:00 - 10:00 AM		BRAZILIAN JIU JITSU		BRAZILIAN JIU JITSU		BOXING 9:00 AM	
11:30 - 12:30 AM	KICK BOXING.	MUAY THAI	KICK BOXING.	MUAY THAI	KICK BOXING.	SPAR DAY 10:00 AM	MUAY THAI BOXING 10:00
						BRAZILIAN JIU JITSU	
5:00 - 6:00 PM	KICK BOXING.	KICK BOXING.	KICK BOXING.	KICK BOXING.			
6:00 - 7:00 PM	BRAZILIAN JIU JITSU	BOXING.	BRAZILIAN JIU JITSU	BOXING.	BOXING. IVAN		
7:00 - 8:30 PM	KICK BOXING.	BRAZILIAN JIU JITSU	KICK BOXING.	BRAZILIAN JIU JITSU	KICK BOXING.		
7:00 - 8:30 PM	TAEKWONDO ITF		TAEKWONDO ITF		TAEKWONDO ITF		

KIDS/TEEN PROGRAM

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 6:00 PM	TAEKWONDO ITF	BRAZILIAN JIU JITSU	TAEKWONDO ITF	BRAZILIAN JIU JITSU	TAEKWONDO ITF	BRAZILIAN JIU JITSU	
5:00 - 6:00 PM							

RATES

MONTHLY 6 MONTHS YEARLY PRE SALE

FULL GYM ACCESS	FULL GYM ACCESS (WEIGHTS AND BOXING EQUIPMENT)	\$99	\$495	\$999	\$80
KIDS PROGRAM	BJJ - TKD - BOXING	\$250	\$1.250	\$2.500	\$199
1 MARTIAL ART	GYM ACCESS AND 1 MARTIAL ART	\$195	\$975	\$1.950	\$150
2 MARTIAL ARTS	GYM ACCESS AND 2 MARTIAL ARTS	\$245	\$1.225	\$2.450	\$199
UNLIMITED	EVERYTHING	\$285	\$1.425	\$2.850	\$225
DAY PASS	GYM ONLY \$30 CLASSES \$40 MEMBER MULTIGYM DAY PASS \$15				
REGISTRATION FEE	\$75				\$49

PERSONAL TRAINING

1 CLASS 5 CLASSES 10 CLASSES

WEIGHT LIFTING CONDITIONING	\$120	\$550 (\$110 EACH)	\$1000 (\$100 EACH)
MARTIAL ARTS (BOXING / MUAY THAI / KICK BOXING / BJJ)	\$150	\$700 (\$140 EACH)	\$1350 (\$135 EACH)