



301 Nw 54 St
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HOURS OF OPERATION

Mon / Frid 5:30am-10:00pm
 Saturday 8:00 am-5:00 pm
 Sunday 8:00 am-3:00 pm

MMA / MARTIAL ARTS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 AM	KICK BOXING & BOXING	BJJ NO GI	KICK BOXING & BOXING	BRAZILIAN JIU JITSU	KICK BOXING & BOXING		
11:00 AM						TAE KWON DO ITF 11:00 am	
12:00 PM	MMA & STRIKING		MMA & STRIKING		MMA & STRIKING	MUAY THAI & KICK 11:30AM TO 1:00 PM	
5:30 - 6:30 PM	BOXING	BOXING	BOXING	BOXING	BOXING		
6:00 - 7:00 PM	MMA	BJJ NO GI	MMA	MMA	BRAZILIAN JIU JITSU		
6:30 - 8:00 PM	MUAY THAI	KICK BOXING	MUAY THAI	KICK BOXING	MUAY THAI		
7:00 - 8:30 PM	BRAZILIAN JIU JITSU		BRAZILIAN JIU JITSU				
7:00 - 8:00 PM		TAE KWON DO ITF		TAE KWON DO ITF			

KIDS/TEEN PROGRAM

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:30 PM	BOXING		BOXING		BOXING	TAE KWON DO ITF 11:30 am	
6:00 - 7:00 PM	BRAZILIAN JIU JITSU	TAE KWON DO ITF	BRAZILIAN JIU JITSU	TAE KWON DO ITF	BRAZILIAN JIU JITSU		

RATES

	MONTHLY	6 MONTHS	YEARLY
GYM ACCESS FULL GYM ACCESS (WEIGHTS AND BOXING EQUIPMENT)	\$90	\$450	\$900
KIDS PROGRAM BJJ - TKD ITF	\$155	\$775	\$1.550
1 MARTIAL ART GYM ACCESS AND 1 MARTIAL ART	\$155	\$775	\$1.550
UNLIMITED EVERYTHING	\$185	\$925	\$1.850
DAY PASS	\$25		
REGISTRATION FEE	\$49		
GYM TEMPORARY PASS	WEEKLY \$60	MONTHLY \$120	
CLASSES TEMPORARY PASS	WEEKLY \$120	MONTHLY \$215	

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)