

CENTRAL COMBAT SPORTS

1565 Lauzon Rd. Unit #2, Windsor, ON, N8S3N4 | 519-987-3482 | centralmma.com

WORLD RENOWNED MMA MASTERS TEAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NOGI BJJ 10:00AM	KICKBOXING 10:00AM	NOGI BJJ 10:00AM	KICKBOXING 10:00AM
BOXING 6:00PM	TEENS 6:00PM	WOMEN 6:00PM	TEENS 6:00PM
ADVANCED KICKBOXING 7:00PM	ADVANCED NOGI BJJ 7:00PM	ADVANCED KICKBOXING 7:00PM	ADVANCED NOGI BJJ 7:00PM
NOGI BJJ 7:00PM	KICKBOXING 7:00PM	NOGI BJJ 7:00PM	KICKBOXING 7:00PM
LIVE ROUNDS 8:00PM	LIVE ROUNDS 8:00PM	LIVE ROUNDS 8:00PM	LIVE ROUNDS 8:00PM
SATURDAY KIDS 10:00AM OPEN MAT 11:00AM FIGHT TEAM 12:00PM			

WOMEN ONLY MEMBERSHIP..... \$30 BIWEEKLY

Classes focus on Kickboxing, Fitness, and Self-Defense. Women's only classes are for ages 12+.

KIDS MEMBERSHIP..... \$40 BIWEEKLY

Classes focus on Brazilian Jiu-Jitsu, Wrestling, and Self-Defense. Kids classes are for ages 7 to 11.

TEEN MEMBERSHIP..... \$50 BIWEEKLY

Classes focus on Brazilian Jiu-Jitsu, Wrestling, and Self-Defense. Teen classes are for ages 12 to 17.

ADULT MEMBERSHIP..... \$60 BIWEEKLY

Includes all adult classes plus a key to the facility. Ages 16+. Certain conditions apply.

PRIVATE LESSON \$70 PER SESSION

One hour, 2 people allowed per lesson. Male and female coaches are available for training in Brazilian Jiu-Jitsu, Kickboxing, Boxing, Wrestling, MMA, Self-Defense, Strength & Conditioning.