



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

WORLD RENOWNED MMA MASTERS TEAM 10-DAY SATISFACTION GUARANTEE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BJJ NOGI 10:00AM	KICKBOXING 10:00AM	BJJ NOGI 10:00AM	KICKBOXING 10:00AM
PRO-AM 6:00PM	TEENS 6:00PM	PRO-AM 6:00PM	TEENS 6:00PM
KICKBOXING 7:00PM	BJJ NOGI 7:00PM	KICKBOXING 7:00PM	BJJ NOGI 7:00PM
BJJ NOGI 8:10PM	KICKBOXING 8:10PM	BJJ NOGI 8:10PM	KICKBOXING 8:10PM
SATURDAY KIDS 10:00AM		SATURDAY OPEN MAT 11:00AM	

KIDS MEMBERSHIP..... \$35 BIWEEKLY

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

TEEN MEMBERSHIP..... \$55 BIWEEKLY

Classes focus on Brazilian Jiu-Jitsu, Wrestling & Kickboxing. Teen classes are for ages 12 to 17.

ADULT MEMBERSHIP..... \$65 BIWEEKLY

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

PRIVATE LESSON..... \$65 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, and Strength & Conditioning.

**The Most Qualified Coaches. The Most Available Training Time. The Most Value-Rich Membership.
No Association Fees. No Testing Fees. No Belt Fees. No Large Upfront Payments. No Annual Contracts.**