

# **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
WOMEN 6:00PM	TEENS 6:00PM	WOMEN 6:00PM	TEENS 6:00PM
FIGHT TEAM 6:30PM	ADVANCED BJJ 6:30PM	FIGHT TEAM 6:30PM	ADVANCED BJJ 6:30PM
KICKBOXING 7:00PM	KICKBOXING 7:00PM	KICKBOXING 7:00PM	KICKBOXING 7:00PM
NOGI BJJ 8:00PM	NOGI BJJ 8:00PM	NOGI BJJ 8:00PM	NOGI BJJ 8:00PM
SATURDAY KIDS 10:00AM		SATURDAY OPEN MAT 11:00AM	

### **KIDS MEMBERSHIP..... \$40 BIWEEKLY**

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

### **TEEN MEMBERSHIP..... \$50 BIWEEKLY**

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

### **WOMEN ONLY MEMBERSHIP..... \$50 BIWEEKLY**

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

### **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.