



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

**CERTIFIED BRAZILIAN JIU-JITSU BLACK BELT INSTRUCTORS  
 WORLD RENOWNED MMA MASTERS TEAM  
 10-DAY SATISFACTION GUARANTEE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>BJJ NOGI</b> 10:00AM	<b>KICKBOXING</b> 10:00AM	<b>BJJ NOGI</b> 10:00AM	<b>KICKBOXING</b> 10:00AM
<b>KIDS</b> 6:00PM	<b>TEENS</b> 6:00PM	<b>KIDS</b> 6:00PM	<b>TEENS</b> 6:00PM
<b>KICKBOXING</b> 7:15PM	<b>BJJ NOGI</b> 7:15PM	<b>KICKBOXING</b> 7:15PM	<b>BJJ NOGI</b> 7:15PM
<b>SPARRING</b> 8:15PM	<b>SPARRING</b> 8:15PM	<b>SPARRING</b> 8:15PM	<b>SPARRING</b> 8:15PM
<b>FRIDAY</b> BJJ FUNDAMENTALS 6:00PM		<b>SATURDAY</b> KICKBOXING 12:00PM	

**Youth Membership..... \$60 Bi-Weekly**

Our Youth Martial Arts classes focus on the arts of Brazilian Jiu-Jitsu, Wrestling and Kickboxing. Kids classes are for ages 7 to 12. Teen classes are for ages 13 to 17. Mature students only.

**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, Mixed Martial Arts, and Strength & Conditioning.

**Adult Membership..... \$70 Bi-Weekly**

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

**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.**