



Class Schedule- March/April

MONDAY

| | |
|---------------|---|
| 12:00 - 12:55 | All levels Muay Thai/Kickboxing |
| 4:00 - 6:25 | Competitive MMA, Kickboxing & Muay Thai |
| 6:30 - 7:30 | Beginner & Int. Levels Muay Thai/Kickboxing |
| 7:30 - 8:30 | Beginner Mixed Martial Arts |

TUESDAY

| | |
|-------------|---|
| 4:00 - 6:25 | Competitive MMA, Kickboxing & Muay Thai |
| 6:30 - 7:30 | Intermediate Muay Thai/ Kickboxing |
| 7:30 - 8:30 | Beginner Muay Thai/Kickboxing |

WEDNESDAY

| | |
|---------------|---|
| 12:00 - 12:55 | All levels Muay Thai/Kickboxing |
| 4:45 - 5:30 | Kicks 4 Kids (Ages 4 - 9) |
| 5:30 - 6:30 | Youth Muay Thai/Kickboxing 10-13 (Beginner) |
| 6:30 - 7:30 | Beginner & Int. Levels Muay Thai/Kickboxing |
| 7:30 - 8:30 | Beginner Mixed Martial Arts |

THURSDAY

| | |
|-------------|---|
| 4:00 - 6:25 | Competitive MMA, Kickboxing & Muay Thai |
| 6:30 - 7:30 | Intermediate Muay Thai/ Kickboxing |
| 6:45 - 7:30 | Kicks 4 Kids (Ages 4 - 9) |
| 7:30 - 8:30 | Beginner Muay Thai/Kickboxing |

FRIDAY

| | |
|---------------|---|
| 12:00 - 12:55 | All levels Muay Thai/Kickboxing |
| 4:00 - 6:25 | Competitive MMA, Kickboxing & Muay Thai |
| 6:30 - 7:30 | Beginner & Int. Muay Thai/Kickboxing (AGES 10 and Older) |

SATURDAY

| | |
|---------------|---|
| 10:15 - 11:00 | Kicks 4 Kids (Ages 4 - 9) |
| 11:00 - 12:00 | Youth Muay Thai/Kickboxing 10-13 (Beginner) |
| 12:00 - 1:00 | Padwork MMA, Muay Thai & Kickboxing |
| 1:00 - 2:00 | Beginner Mixed Martial Arts |

EVENTS:

Mar. 15th Winter Warfare Continuous Tournament

Mar. 21st-24th Easter Longweekend (No classes)

Apr. 11 & 12th Testing

BENEFITS OF EXERCISE

- ❖ Have more energy!
- ❖ Build muscle!
- ❖ Burn fat!
- ❖ Relieve & cope better with stress!
- ❖ HAVE FUN!!!
- ❖ Kickboxing, Muay Thai & Mixed Martial Arts burns approximately 800 calories per hour!
- ❖ Kickboxing is the BEST overall cardio, core stability, flexibility, toning, agility & fat burning workout you can do in one class!

**Call today for your
FREE CLASS!**

327-3744

**1007 3rd Ave, North,
Lethbridge**

Class Descriptions:

Beginner Mixed Martial Arts

Learn Brazilian Jui Jitsu submissions and Wrestling techniques.

Beginner Muay Thai/Kickboxing

Includes first five introductory lessons or (1-5's) along with basic conditioning and techniques.

Beginner/Intermediate Muay Thai/ Kickboxing

Includes first five introductory lessons or (1-5's) along with basic & intermediate conditioning and techniques.

Please Note: Friday Evening 6:30pm class is for AGES 10 and older!!!

Intermediate Muay Thai Kickboxing

Prerequisite: Completed Beginner Muay Thai/kickboxing. This class includes Intermediate to Advanced conditioning, techniques and controlled sparring.

Pad Work Class

Prerequisite: Completed 1-5's Muay Thai/kickboxing. This is a high intensity class with beginner to intermediate combinations.

Competitive Class

Prerequisite: Completed Beginner Muay Thai/kickboxing & or Mixed Martial Arts. This class an invitational ONLY class! (If you want to become a member contact BRAD)