

# 2019

## Mixed Martial Arts

# Freestyle MMA Academy

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Morning</b>						
5:00 AM	P/T Session	P/T Session	P/T Session	P/T Session	P/T Session	P/T Session
5:30 AM	P/T Session	P/T Session	P/T Session	P/T Session	P/T Session	P/T Session
<b>Afternoon</b>						
3:30 PM	P/T Session		P/T Session		P/T Session	
4:00 PM	P/T Session	<b>MMA</b> Spirit Combat	P/T Session	<b>MMA</b> Spirit Combat	P/T Session	
4:30 PM	P/T Session		P/T Session		P/T Session	P/T Session
5:00 PM	P/T Session		P/T Session		P/T Session	P/T Session
5:30 PM	P/T Session		P/T Session		P/T Session	P/T Session

Come see the programs and deals Freestyle MMA Academy have to offer.

Kids Martial Arts, Mixed Martial Arts, Muay Thai Kickboxing, Personal Training (P/T) Sessions and self-defence classes.

Get fit, lose weight and learn self-defence all at the same time.

## Scheduled Price List

12 month <b>Affiliation Fee</b> per student/client for Private Tuition, Personal Training and Spirit Combat		\$100.00
<b>Spirit Combat (Every Tuesday &amp; Thursday 3.30 – 5.00pm)</b>		
	Per Class	\$10.00
	Per Month	\$60.00
<b>Private Tuition (Spirit Combat) (By appointment)</b>		
	30 min session 20 min workout + 10 minutes stretches and massage	\$40.00
	45 min session 35 min workout + 10 minutes stretches and massage	\$60.00
	60 min session 50 min workout + 10 minutes stretches and massage	\$80.00
<b>Personal Training (By appointment)</b>		
	30 min session 20 min workout + 10 minutes stretches and massage	\$40.00
	45 min session 35 min workout + 10 minutes stretches and massage	\$60.00
	60 min session 50 min workout + 10 minutes stretches and massage	\$80.00

Ezidebit Available