

POWERHOUSE MMA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boxing 9am-10am	Boxing 9am-10am	Boxing 9am-10am	Boxing 9am-10am	Boxing 9am-10am		
Wrestling 10am-11am	Wrestling 10am-11am	Wrestling 10am-11am	Wrestling 10am-11am	Wrestling 10am-11am	Fit The Fighter Roy 8:30am-9:30am	
Women KB 9:30am-10:30am	Women KB 9:30am-10:30am		Women KB 9:30am-10:30am	Women KB 9:30am-10:30am	Family Kickboxing 9:30am-10:30am	
Bag Drills 10:30am-11:30am	Bag Drills 10:30am-11:30am	Bag Drills 10:30am-11:30am	Bag Drills 10:30am-11:30am	Bag Drills 10:30am-11:30am	Bag Drills 10:30am-11:30am	
Evening Classes						
Family KB/Mike 4pm-6pm	Family KB/Mike 4pm-5pm	Family KB/Mike 4pm-6pm	Family KB/Mike 4pm-5pm	Family KB/Mike 4pm-6pm	Kickboxing 11:30am-12:30am	
Fit The Fighter Roy 5pm-6pm		Fit The Fighter Roy 5pm-6pm		Fit The Fighter Roy 5pm-6pm		
Kickboxing Kim 6pm-7pm	BJJ/Grapppling 6pm-7pm	Kickboxing/Kim 6pm-7pm	BJJ/Grapppling 6pm-7pm	Kickboxing Kim 6pm-7pm		
Wrestling Bradda 7pm-8pm	Wrestling Bradda 7pm-8pm	Wrestling Bradda 7pm-8pm	Wrestling Bradda 7pm-8pm	Wrestling Bradda 7pm-8pm		
MMA Elite/Ron 7pm-9pm	MMA Elite/Ron 7pm-9pm	MMA Elite/Ron 7pm-9pm	MMA Elite/Ron 7pm-9pm	MMA Elite/Ron 7pm-9pm		

MMA PROGRAM

\$89.00 / Monthly
(3 Classes Weekly)

LIMITED MMA

\$100 / Monthly
(MMA, Boxing, Kickboxing, Wrestling, Grappling)

UNLIMITED MMA

\$120 / Monthly
(MMA, Boxing, Kickboxing, Wrestling, Grappling, BJJ, Muay Thai)

WOMEN

KICKBOXING

\$79 / Monthly

KEIKI & TEEN

MMA

(Ages 6-12)(Ages 13-17)

\$79 / Monthly

*Includes Boxing, Kickboxing, Wrestling, Grappling