

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
power3fit 9:30am-10:30am		power3fit 9:30am-10:30am			
JU-JIKIDS 4 - 7 years old 4pm - 5pm	KIDS kickboxing 4 - 7 years old 4pm - 5pm	JU-JIKIDS 4 - 7 years old 4pm - 5pm	KIDS kickboxing 4 - 7 years old 4pm - 5pm	JU-JIKIDS 4 - 7 years old 4pm - 5pm	cardio KICKBOXING 10am-11am
JU-JIKIDS 8 - 13 years old 5pm - 6pm	KIDS kickboxing 8 - 13 years old 5pm - 6pm	JU-JIKIDS 8 - 13 years old 5pm - 6pm	KIDS kickboxing 8 - 13 years old 5pm - 6pm	JU-JIKIDS 8 - 13 years old 5pm - 6pm	KIDS kickboxing All ages 11am - 12pm
over 13 years old + advanced kids BRAZILIAN MORGANTI JU-JITSU 6pm - 7pm	cardio KICKBOXING 6pm - 7pm	over 13 years old + advanced kids BRAZILIAN MORGANTI JU-JITSU 6pm - 7pm	cardio KICKBOXING 6pm - 7pm	KICKBOXING fundamentals 6pm - 7pm	JU-JIKIDS All ages 12pm - 1pm
KICKBOXING fundamentals 7pm - 8pm	7pm - 7:45pm JU-JITSU FUNDAMENTALS BRAZILIAN MORGANTI JU-JITSU SPARRING 7:45pm - 8:30pm <i>Adults & Teens</i>	KICKBOXING fundamentals 7pm - 8pm	7pm - 7:45pm JU-JITSU FUNDAMENTALS BRAZILIAN MORGANTI JU-JITSU SPARRING 7:45pm - 8:30pm <i>Adults & Teens</i>		JU-JITSU FUNDAMENTALS BRAZILIAN MORGANTI JU-JITSU SPARRING 1:45pm - 2:30pm <i>Adults & Teens</i>
KICKBOXING Sparring 8pm - 8:30pm		KICKBOXING Sparring 8pm - 8:30pm	KICKBOXING Sparring 7:45pm - 8:30pm		
power3fit 8:30pm - 9pm		power3fit 8:30pm - 9pm			

ALL ACCESS

\$149
per month
(\$156.45 including GST)

Access to all classes, 6 days per week

3 DAYS PER WEEK

\$129
per month
(\$135.45 including GST)

Access to classes up to 3 days per week
Must enroll to specific classes

1 DAY PER WEEK

\$119
per month
(\$124.95 including GST)

For underage students only

PUNCH CARD

\$200
(\$210 including GST)

Valid for 10 classes during 2 months
For adult students only

There are no contracts. If you decide to cancel the membership, you will need to give us at least 2 weeks notice in person and fill up the cancellation form

The cancellation will take effect for the next month, no refunds for portions of a paid month

Discounts available for families of 3 or more

Our programs are designed for everyone at all levels and we promise quality and safe instruction, at an affordable price.