

YOUR FIRST CLASS IS **FREE!!**

Packages	2 Day Limited Training Per Week	3 day Limited Training Per Week	Unlimited Training Per Week	Conditions
Monthly	\$70	\$75	\$80	3 month commitment post dated cheques and contract.
3 Months	\$65/195	\$70/210	\$75/225	3 months paid in full.
6 Months	\$60/360	\$65/390	\$70/420	3 months paid in full, three post dated cheques and contract.
Quick Start	\$205			Jiu Jitsu Gi and 1 month unlimited training.
Day Training \$15				

Women Self Defense

Women only - \$45.00 3 hours seminar

Seminars will be held 4 times per year. 12 hours \$180.00

SCHEDULE IS SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginners BJJ 6:30-7:45	All Belt Level BJJ 6:30-8:00	Beginners BJJ 6:30-7:45	All Belt Level BJJ 6:30-8:00	MMA 6pm-8pm	Open Mat BJJ 12:30 2:00	Closed
Submission Wrestling 7:45-9:00		Submission Wrestling 7:45-9:00				