

MMA - Mixed Martial Arts

Students will train in a positive atmosphere, learn how to defend themselves and gain valuable life skills – all while having fun! This is done through our structured monthly curriculum. Students will focus on one Boxing, Kickboxing, Jujitsu and Wrestling technique each month, as well as two “Mat Chat’s” where we cover important lessons such as focus, confidence, and gratitude.

LOCATION:	FEE:	DAY:	DATE:	TIM	AGE:	SESSION:
Krueger Park Gym South	\$114 R/\$119 NR	Thu	May 14-Jul 2	6-7p	5-11	121108-01
Krueger Park Gym South	\$114 R/\$119 NR	Thu	Jul 16-Sep 3	6-7p	5-11	221208-01

**MMA - Mixed Martial Arts (For Teens)**

Join us for the most effective styles of martial arts, infused with lessons on character development. Students 11 - 15 will train in a positive atmosphere, learn how to defend themselves and gain valuable life skills. Students will focus on boxing and kickboxing techniques (kicking, footwork, and defense), judo/wrestling technique (take-downs and defending take-downs) and “Mat Chat” (the personal development topic of the program). No Class July 2nd.

INSTRUCTOR: Victory Family MMA						
LOCATION: Krueger Park Gym South						
FEE: \$114 R/\$119 NR						
DAY:	DATE:	TIME:	AGE:	SESSION:		
Thu	May 14-Jul 2	7-8p	11-15	141111-01		
Thu	Jul 16-Sep 3	7-8p	11-15	241211-01		

MMA - Mixed Martial Arts (For Adults)

Join us for the most effective styles of martial arts, infused with lessons on character development. Will train in a positive atmosphere, learn how to defend themselves and gain valuable life skills. Will focus on boxing and kickboxing techniques (kicking, footwork, and defense), judo/wrestling technique (take-downs and defending take-downs) and “Mat Chat” (the personal development topic of the program). No Class July 2nd.

INSTRUCTOR: Victory Family MMA						
LOCATION: Krueger Park Gym South						
FEE: \$114 R/\$119 NR						
DAY:	DATE:	TIME:	AGE:	SESSION:		
Thu	May 14-Jul 2	8-9p	18+	142112-01		
Thu	Jul 16-Sep 3	8-9p	18+	242212-01		