

# CANADIAN MARTIAL ARTS CENTRE



[www.CMCMMA.com](http://www.CMCMMA.com)

3307 - 3rd Ave South  
Lethbridge, AB  
403.320.5569  
leemein@gmail.com



- Full Fitness Facility
- Personal Training
- Mixed Martial Arts (MMA)
- Brazilian Jiu Jitsu
- Kickboxing
- Self Defence
- Law Enforcement/Weapons
- Group & Private Lessons
- Family Atmosphere
- All Skill Levels Welcome

## MEMBERSHIP RATES

	ADULT	YOUTH	WEIGHT ROOM ONLY
	includes All Classes & Weight Room		
<b>YEARLY MEMBERS HAVE 24-HR VIP ACCESS TO GYM FACILITIES</b>			
PrePay for 12 Months	<b>\$780</b> <small>Save \$60</small>	<b>\$600</b> <small>[10 Months] Save \$120</small>	<b>\$360</b>
Monthly Payments with 12-month contract only	<b>\$70/month</b>	<b>\$60/month</b>	<b>\$30/month</b>
Other PrePay Terms:	ADULT	YOUTH	WEIGHT ROOM
6 Months	<b>\$490</b>	<b>\$450</b>	<b>\$240</b>
3 Months	<b>\$280</b>	<b>\$250</b>	<b>\$150</b>
One-Time Necessary Equipment Fee	<b>\$160</b> CMC T-Shirt 16oz Gloves Shin Guards <b>\$20 Savings</b>	<b>\$160</b> CMC T-Shirt Fight Shorts 8oz Gloves Kids Shin Guards Mouth Guard <b>\$25 Savings</b>	<b>Fighter Training \$285</b> CMC T-Shirt Fight Shorts 16oz Gloves MMA Gloves Shin Guards Mouth Guard <b>\$20 Savings</b>
<b>PRIVATE LESSONS</b>		<b>U OF L - LCC</b>	<b>\$275 / Semester [4 Months]</b>
30 MIN	<b>\$30</b>	<b>10-VISIT PASS</b>	<b>\$150</b>
1 HOUR	<b>\$60</b>	<b>DROP IN</b>	<b>\$15 / Visit</b> <small>[Classes or Weight Room]</small>

## CMC CLASS SCHEDULE

Kids Classes

Adult Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
12:00PM	<b>KICKBOXING CLASS</b> 12 - 1pm	<b>GRAPPLING / JIU JITSU</b> 12 - 1pm	<b>KICKBOXING CLASS</b> 12 - 1pm	<b>GRAPPLING / JIU JITSU</b> 12 - 1pm
5:30PM		<b>LITTLE NINJAS</b> (Ages 4 - 6) 5:30-6pm		<b>LITTLE NINJAS</b> (Ages 4 - 6) 5:30-6pm
6:00PM	<b>YOUNG GLADIATORS</b> Advanced Youth (Ages 7 - 12) 6 - 7pm	<b>Gi GRAPPLING / JIU JITSU</b> 5:30 - 7pm	<b>YOUNG JEDI</b> Beginner Youth (Ages 7 - 12) 6 - 7pm	<b>Adult MMA Class</b> For All Levels 5:30 - 7pm
6:30PM			<b>YOUNG GLADIATORS</b> Advanced Youth (Ages 7 - 12) 6 - 7pm	<b>YOUNG JEDI</b> Beginner Youth (Ages 7 - 12) 6 - 7pm
7:00PM	<b>KICKBOXING CLASS</b> 7 - 8pm	<b>KICKBOXING CLASS</b> 7 - 8pm	<b>KICKBOXING CLASS</b> 7 - 8pm	<b>KICKBOXING CLASS</b> 7 - 8pm
7:30PM				
8:00PM		<b>GRAPPLING / JIU JITSU</b> 8 - 9pm		<b>GRAPPLING / JIU JITSU</b> 8 - 9pm
8:30PM				

AS WELL AS **NOON KICKBOXING** CLASSES EVERY **FRIDAY**, AND **SATURDAY**