

MMA

Our MMA Tactics & Conditioning class is designed to offer modern martial arts application with intense cardio and strength conditioning. The course teaches a variety of striking and ground manipulation techniques. These skills are improved upon by use of sparring with ground and stand-up applications as well as body conditioning exercises. This is much more than a boxing or tradition grappling class can offer. The class is a high intensity work out that is designed to get students into fighting shape and give them the tools needed to win.



Tuesday & Thursday

8:00pm-9:00pm

Saturday

2:00pm-3:30pm

\$50.00 - Month

**\$75.00 - Month with
Wing Chun, Kung Fu**

Location

**Kyoseikan Dojo
401 Hall St, B-148
(NW Corner of Hall & US-131)**

Contact Tom Fick for more information
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www.wmaikido.com