

CENTRAL COMBAT SPORTS

2437 Central Ave, Windsor ON, N8W 4J4 | 519-987-3772 | info@centralmma.com

CCS Training Schedule

**Effective January 2010*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12AM – 2PM						Open Mat
6 – 7PM		Teen MMA		Teen MMA		
7 – 8PM	Boxing	Kickboxing	Open Mat	Kickboxing	Boxing	
8 – 9PM	Submission Grappling	MMA	Submission Grappling	MMA		

Pricing, 2010

All-Access - \$65 monthly (\$60 for Lifestyle Fitness members)

- Includes Boxing, Kickboxing, Submission Grappling, MMA and Open Mat.

Single Program - \$55 monthly (\$50 for Lifestyle Fitness members)

- Either Boxing or Kickboxing or Submission Grappling or MMA or Teen MMA

3 Month Short Term Passes

- 3 Months All-Access Pass - \$275
- 3 Month Single Program Pass - \$200