

Do You PLAY MMA?



Kick!
Ground!
Punch!
Pound!



Mixed Martial Arts for Beginners! Begins January 4th, 2011

You've seen it all over the media and thought about trying it but don't want to end up with a black eye or get injured.

This class is for you!

MMA for beginners is taught in a professional, safe, and encouraging environment where you'll learn all the basic strikes, submissions, and self defense techniques.

Begins January 4th, 2011 - sign up today!

