

HAND TO HAND MARTIAL ARTS & FITNESS



MANY DIFFERENT CLASSES AVAILABLE:

MARTIAL ARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Brazilian Jiu-Jitsu	6-8pm (ages 14 & up)			6-8pm (ages 14 & up)		9-11am (ages 7 & up)	
Goju Karate (ages 3 & 4)		3:30-4:30pm					
Goju Karate (ages 5 & up)		4-6pm		4-6pm			
Kung Fu			6-9pm (ages 14 & up)				
Mixed Martial Arts (MMA)		TBA					
Tizen Ryu Jujitsu	6-8pm (ages 7 & up)		6-8pm (ages 7 & up)				
FITNESS							
Cross Training	9-10am		9-10am		9-10am		
	5-6pm		5-6pm		5-6pm		
Sport Specific Strength Training	***BY REQUEST ONLY (CONTACT ANITA NEVEU)***						

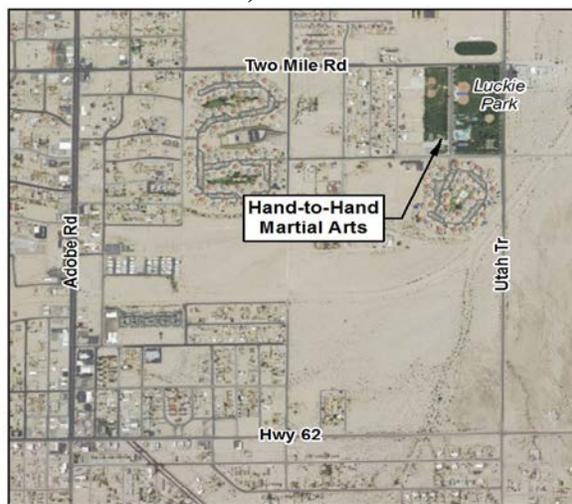
STANDARD PRICING

- First class: FREE**
- Individual class: \$12/class
- 1 class per week: \$40/month
- 2 classes per week: \$65/month
- 3 classes per week: \$80/month
- Kung Fu classes: \$40/month

PACKAGES & DISCOUNTS

- Unlimited Martial Arts & Fitness: \$155/month
- 2 Martial Arts & 3 Fitness classes per week: \$110/month
- Prepay for 6 months: \$10 off/month
- Family Discount: \$10 off/month for each additional family member

Conveniently located inside the Luckie Park racquetball courts, in 29 Palms.



FOR MORE INFORMATION PLEASE CONTACT:

- Sensei Aaron Neveu 4th Dan:** (760) 819-2714 (instructor for MMA, Karate, Brazilian Jiu-Jitsu)
- Sensei Anita Neveu 3rd Dan:** (760) 490-3689 (instructor for Karate and all Fitness)
- G.M. James Dean:** (812) 205-7590 (instructor for Kung Fu)
- Shihan Robert Moreno:** (760) 668-1795 (instructor for Tizen Ryu Jujitsu)