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+ 55 EAST PARADE
 SUTHERLAND
 (OPPOSITE STATION)

TIME TABLE

	MON	TUES	WED	THURS	FRI	SAT
6AM - 6.45AM		BOOT CAMP	STRETCHING	BOOT CAMP		
8AM - 9AM						STRONGMAN
9AM - 10AM						ARNIS - KALI
11AM - 12 NOON			KICKBOXING		KICKBOXING	
11:30 - 12:30 PM						KUNG FU - ALL LEVELS
1PM - 2:30 PM						BRAZILIAN JIU JITSU
3 - 4 PM						KICKBOXING BEGINNER & INTERMEDIATE
4:30 - 5:30 PM	AFTER SCHOOL KUNG FU		AFTER SCHOOL KUNG FU			
5 - 6 PM		AFTER SCHOOL DRAGON FIST FREESTYLE ----- BEGINNER / INTERMEDIATE KICKBOXING		BEGINNER / INTERMEDIATE KICKBOXING	AFTER SCHOOL DRAGON FIST FREESTYLE	
6 - 7 PM	INTERMEDIATE SKILLS & DRILLS	INTERMEDIATE KICKBOXING	INTERMEDIATE CONDITIONING	INTERMEDIATE KICKBOXING	ALL LEVELS CONDITIONING	
6:30 - 7:30 PM	BOXING SKILL & FITNESS		BOXING SKILL & FITNESS			
7 - 8 PM	BEGINNER KICKBOXING	BEGINNER KICKBOXING	BEGINNER KICKBOXING			
7:30 - 8:30 PM		ARNIS - KALI ----- DRAGON FIST FREESTYLE		DRAGON FIST FREESTYLE ----- BRAZILIAN JIU JITSU		
8 - 9 PM	KUNG FU		KUNG FU			

PRICES

Single Visit	\$18
After School Kids Classes	\$11
After School Kids - One Term Payment	\$150
Monthly Fees (One Style Only)	\$95
Monthly Fees (One Style + Weights**)	\$125
Monthly Fees (Multi Style*)	\$125
Monthly Fees (Multi Style* + Weights**)	\$150
3 Monthly Fees (One Style Only)	\$270
3 Monthly Fees (One Style + Weights**)	\$350
3 Monthly Fees (Multi Style*)	\$350
3 Monthly Fees (Multi Style* + Weights**)	\$370
Personal Coaching (By Appointment)	\$65 (per hour + \$15 per additional person)

CONDITIONS:

** WEIGHTS assesment and program required to use weight gym.

* MULTI styles include - Kickboxing, Boxing, Kung Fu, Brazilian Jiu Jitsu and Dragon Fist Freestyle.

BOOTCAMP

The Double Dragon Boot Camp costs \$174 per month (2 sessions per week), and includes a Double Dragon Boot Camp T Shirt. Visit Warrior Performance to sign up.