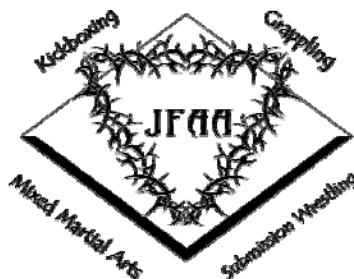


- Muay Thai/Pads:** Dynamic & explosive movements to use hands, elbows, kicks and knees to punch and kick the opponent.
- Muay Thai/Drills:** Used to fine-tune technique in a pseudo-sparring setting.
- Jiu-Jitsu:** Ground fighting techniques and submission holds involving joint locks and chokeholds, usually worn with a GI.
- Grappling:** Techniques for handling the opponent using submission holds to overwhelm a join or by choking.
- M.M.A.:** Combat sport to achieve dominance by utilizing tactics: takedowns, striking, finishing holds, and submissions.



Pricing:

- First Month/Auto Pay \* \$90.00  
 Private – 1 hour starting at \$45.00  
 Kickboxing/Wrestling or \$15.00  
 Conditioning Class  
 Grappling Class \$20.00  
 Day Pass \$25.00  
 Cash/Check Payment \$110.00  
 after first month

**Fighting Arts Academy**

Muay Thai Kickboxing, Submission Wrestling, Vale Tudo Schedule

190 Verge St. Springfield, MA 01129 (413) 543-0019

www.FightingArtsAcademy.com

Per class rates apply to adults only

\* Requires immediate sign-up for auto payments

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Adult Muay Thai Kickboxing Pads 9:00am – 10:00am	Adult Grappling Technique 9:00am – 10:00am	Adult MMA 9:00am – 11:00am		Tots Jiu-Jitsu (GI) 10:00am – 11:00am
Adult Strength / Conditioning 9:00am – 11:00am	Adult Muay Thai Kickboxing Drills 10:00am – 11:00am	Adult Grappling Drills 10:00am – 11:00am		Adult Strength / Conditioning 9:00am – 11:00am	Kids – MMA 11:00am – 12:00pm
Tots Muay Thai Kickboxing 5:30pm – 6:15pm	Kids Muay Thai Kickboxing 5:30pm – 6:30pm	Kids Jiu-Jitsu (GI) 5:30pm – 6:30pm	Kids – Advanced MMA 5:00pm – 6:00pm	Tots – MMA 5:30pm – 6:30pm	Adult Muay Thai Kickboxing Pads 12:00pm – 1:00pm
Adult – Beginner Muay Thai Kickboxing 6:15pm – 7:15pm	Wrestling 6:00pm – 7:00pm	Adult – Beginner Muay Thai Bag 6:00pm – 7:00pm	Adult – Beginner Grappling 5:30pm – 6:30pm	Wrestling 5:30pm – 6:30pm	Adult Muay Thai Kickboxing Drills 1:00pm – 2:00pm
Adult Muay Thai Kickboxing Pads 6:15pm – 7:15pm	Adult – Advanced MMA 7:00pm – 9:00pm	Adult Muay Thai Kickboxing Pads – Intermediate 6:30pm – 7:30pm	Adult – Advanced MMA 6:00pm – 8:00pm	Adult – Beginner Muay Thai Kickboxing 6:30pm – 7:30pm	Adult Grappling 2:00pm – 3:00pm
Adult Grappling – Technique 7:30pm – 8:45pm		Adult Grappling 7:30pm – 8:45pm	Adult Strength / Conditioning 8:00pm – 9:00pm		<i>Kids and Tots are required to wear school t-shirt/uniform for all classes.</i>
					<i>See Rules and Regulations for additional information.</i>