

MEMBERSHIP INFORMATION

Single Trial Class - Free
Drop in Class - \$25

5 Class Membership - \$59
10 Class Membership - \$95
15 Class Membership - \$120
20 Class Membership - \$140

25 Class Membership - \$158
30 Class Membership - \$173
40 Class Membership - \$198
50 Class Membership - \$220

60 Class Membership - \$238
70 Class Membership - \$255
80 Class Membership - \$271
90 Class Membership - \$285

100 Class Membership - \$298
125 Class Membership - \$327
150 Class Membership - \$353
200 Class Membership - \$396

No Initiation Fees

**No Long Term
Contracts**

No Promotion Fees

**Your whole family can
share a single Membership**

*If you decided to get a
15 Class Membership,
your child could use 10
classes and you could use
the remaining 5.*

**You Membership size can
be adjusted up and down as
often as you would like**

*Planning to train 25 times
one month but can only
make 15 the next?
No problem, we can
change it as often
as needed.*

Frequently Asked Questions

When will my Membership renew?

*Memberships will automatically renew when your last class is used,
or every month, whichever comes first.*

How many family members can train on a single Membership?

Spouses and all children under 18 can share a Membership.

Me and my Brother/Sister are both over 18, can we share a Membership?

Two siblings over the age of 18 would need their own memberships.

What if I don't use all available classes on my membership in a Month?

*All Memberships are "Up To" any unused classes will expire 1 month from
purchase or upon automatic renewal. Classes will not roll over to the next month.*

How much notice is needed to change the size of or cancel my membership?

We require 7 days notice via email to make changes to your Membership.

	MON	TUE	WED	THU	FRI
PM					
4:30 - 5:45	KIDS GRAPPLING (NO GI)	KIDS JIU JITSU (GI)		KIDS JIU JITSU (GI)	KIDS GRAPPLING (NO GI)
6:00 - 7:30	ADULT GRAPPLING (NO GI)	ADULT JIU JITSU (GI)	ADULT GRAPPLING (NO GI)	ADULT JIU JITSU (GI)	ADULT GRAPPLING (NO GI)
7:45 - 8:45	ADULT GRAPPLING ADVANCED	ADULT JIU JITSU ADVANCED	COMPETITION TRAINING ADULT	ADULT JIU JITSU ADVANCED	ADULT GRAPPLING ADVANCED

KIDS (6 -15 YRS)**ADULT (16+ YRS)**

Mixed Grappling Arts is typically closed two weekdays each month.

Trial and Drop In classes are not permitted in Advanced or Competition Training.

Frequently Asked Questions

As a beginner, what classes are available to me or my child?

All age appropriate classes other than those listed as "Advanced" which require instructor permission are open to all levels.

Do I have to commit to certain days of the week?

No, as long as there is space available in class, you or your child can train Monday and Wednesday one week, then Tuesday and Thursday the next, etc.

Am I limited to a certain number of classes a week?

No, as long as you have Classes available on your Membership, you or your child can train as much or little as you want. You can come 4X one week and then 2X the next, etc.

Do all classes only cost one class from my Membership?

Yes. There are only a few exceptions; such as Seminars and Competition Training.

Do you offer Women's Only classes?

Coach Lenna is in most classes. We have a very welcoming environment to women and do not force them to train with the men unless they want to. There are usually other women in class to train with.

Do you offer private lessons?

We do have very limited time slots available for private lessons. Private lessons are only available to current students. Contact us for details.

Do you offer Competition Training for people who would like to compete?

Our regular classes will provide everything students need for competition. If Adult students are looking for even more focused training, we do offer Competition training on Wednesday night.