

**Bring in this
flyer for 1
week of Free
Classes**



Strength • Honor • Passion • Devotion



Brood 9 provides martial arts instruction in a safe, friendly and supportive environment that promotes discipline and respect. Students receive training to improve self-confidence, coordination, health, flexibility, endurance and focus. Whether you want to learn self-defense, improve physical fitness or train for competition we will help you attain your goals.

Class Schedule

Monday:

Kickboxing - 9:15pm - 10:30pm

Wednesday:

Pankration/Grappling - 9:15pm - 10:30pm

Tuesday/Thursday:

Brood 9 Bootcamp- 6:15am - 7am

Saturday:

Conditioning - 2:30pm

Kickboxing - 3:00pm

Pankration/Grappling - 4:00pm

Open Mat - 5:15pm - 6:00pm

Sunday:

Conditioning - 9:30am - 10am

MMA/Specialized Training - 10am-12pm



Contact Information

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