



FIGHTHOUSE

6770 Old 28th St SE, Grand Rapids, MI 49546

you
office@grfighthouse.com

616-914-5338

WWW.FIGHTHOUSE.COM

Contact the

office regarding

personal training



With the MINDBODY app,

can join, pay fees, register,

and find class descriptions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00 AM Fundamentals/ Advanced BJJ 60 Joe		6:00 AM Fundamentals/ Advanced BJJ 60 Joe		6:00 AM Fundamentals/ Advanced BJJ 60 Joe		
12:00 PM MMA Fitness 60 Jada	12:00 PM MMA Fitness 60 Jada	12:00 PM MMA Fitness 60 Jada	12:00 PM MMA Fitness 60 Jada	12:00 PM MMA Fitness 60 Jada	10:00 AM Little/Junior Warriors 45 (ages 5-12)	
4:30 PM Teen Warriors 60 (ages 13-16)	4:30 PM Little Warriors 45 (ages 5-7)	4:30 PM Teen Warriors 60 (ages 13-16)	4:30 PM Little Warriors 45 (ages 5-7)	4:30 PM Little Warriors 45 Junior Warriors 45 (ages 5-12)	10:30 AM MMA Fitness 60 Chris	
	4:30PM MMA Fitness 45 Ian		5:15PM MMA Fitness 45 Ian	4:30PM MMA Fitness 45 Ian	11:00 AM Teen Warriors 45 (ages 13-16)	
	5:15 PM Junior Warriors 45 (ages 8-12)	5:30 PM MMA Fitness 60 Chris	5:15 PM Junior Warriors 45 (ages 8-12)	5:15 PM Teen Warriors 45 (ages 13-16)	12:00 PM Fundamentals/ Advanced BJJ 60 Jadyson	
6:00 PM Fundamentals/ Advanced BJJ 60 Jadyson	6:00 PM Muay Thai 60 Jadyson	6:00 PM Fundamentals/ Advanced BJJ 60 Jadyson	5:30 PM YOGA 60 Leah R.	6:00 PM Fundamentals/ Advanced BJJ 60 Jadyson		
6:30 PM Fit Boxing 60 Leah K.			6:00 PM Muay Thai 60 Jadyson			
7:00PM Muay Thai 60 Jadyson	7:00PM Fundamentals/ Advanced BJJ 60 Jadyson	7:00PM Muay Thai 60 Jadyson	7:00PM Fundamentals/ Advanced BJJ 60 Jadyson	7:00PM Jiu-Jitsu TAKEDOWNS 90 Jadyson		

<u>CUSTOMER</u>	<u>LENGTH OF CONTRACT</u>	<u>COST</u>	<u>ITEMS NEEDED</u>			
YOUTH BJJ (4-16)	3 MONTHS 6 MONTHS	\$95/MONTH \$85/MONTH	UNIFORM			
ADULT BJJ (16+)	1 MONTH 6 MONTHS 12 MONTHS	\$150 \$140/MONTH \$125/MONTH	UNIFORM			
MUAY THAI (10+)	1 MONTH 3 MONTHS 6 MONTHS	\$90 \$85/MONTH \$80/MONTH	MOUTHGUARD SHIN GUARDS BOXING GLOVES HEADGEAR			
MMA FITNESS (10+)	1 MONTH 3 MONTHS 6 MONTHS 12 MONTHS	\$90 \$85/MONTH \$80/MONTH \$70/MONTH	HAND WRAPS BOXING GLOVES			
TAKEDOWNS (16+)	1 MONTH	\$45				
YOGA (10+)	DROP IN	\$10				
SELF-DEFENSE WORKSHOP	1 SESSION TBD	\$25				