


Des Moines Mixed Martial Arts Schedule

Anthony Porcelli Owner/Trainer
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<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	
5am – 7am	8 Weeks Bootcamp (July-August)					<p>Closed Until 5 pm</p> <p>OPEN MAT</p>	
7am – 10am	<p>Personal Training by Appointment Call 371-4170 for rates and information</p>						
10 – 11:am	MMA for Beginners (1 year or less exp.)		Muay Thai Pad Class				Youth & Adult Jiu-Jitsu 10-11
11am – 5 pm	<p>Closed For Personal Training Call for your appointment Today!</p>						Women's Body Shaping 11:30-12:30
5pm – 6pm	MMA for Beginners (1 year or less exp.)	Muay Thai Pad Class	MMA for Beginners (1 year or less exp.)	Muay Thai Pad Class			
6pm – 7pm	Jiu-Jitsu for Intermediate (1 year or more exp.)	Muay Thai Pad Class	Jiu-Jitsu for Intermediate (1 year or more exp.)	Muay Thai Pad Class			
7pm – 8pm	Pro Training for experienced MMA, grapplers and strikers						
7pm – 9pm	<p>Neutral & Bottom Position July 7 to July 11 Ages 6-11 \$ 75 a week per student</p>						

8 Week Bootcamp \$250 – Bring a friend and save \$25

Personal Training: Fitness training, boxing, jiu jitsu, weight training, call **515-371-4170** for pricing

2 Classes per week: \$ 55 a month

3 classes per week: \$ 60 a month

Unlimited: \$65 a month