






Panther MMA
 12213B Old Lagrange Rd.
 Louisville, KY 40223
 502-643-1477
www.panthermma.com



SCHEDULE

MARTIAL ARTS Tae-Kwon-Do Submission Grappling (No Gi BJJ) 	Adults and youth: <ul style="list-style-type: none"> Monday Tuesday Wednesday Thursday 	6:00 To 7:00 PM
	Children age 5 to 9 Saturdays	10:30 To 11:30 AM
STRENGTH & CONDITIONING 	Adults and youth: <ul style="list-style-type: none"> Mondays Wednesdays 	7:00 To 8:00 PM
SELF-DEFENSE 	FREE intro on Saturdays Full Course	1:30 To 12:30 PM TBD

Scheduled times and days are subject to change.
 Please call for the latest schedule and time.



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COST

MARTIAL ARTS

Course: White to Black Belt' three 1-hour sessions per week

Plan	Individual	Family (Ea. Add'l)
3 Months	\$255	\$95
6 Months	\$450	\$185
12 Months	\$780	\$325

Uniform = \$40 each

Other: Promotional testing fee; belt dependent



STRENGTH & CONDITIONING

Course: 12 weeks, two 1-hour sessions per week

Cost:

Individual: \$250

Group:

- Two: \$195/person
- Three or more: \$150/person



SELF DEFENSE

Course: 6 weeks, two 1-hour sessions per week

Cost:

Individual: \$150

Group:

- Two: \$90/person
- Three or more: \$85/person

