





**Panther MMA**  
12213B Old Lagrange Rd.  
Louisville, KY 40223  
502-643-1477  
[www.panthermma.com](http://www.panthermma.com)



## SCHEDULE

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

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	\$225	\$95
6 Months	\$395	\$185
12 Months	\$685	\$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

