



**CounterStrike**  
MMA Academy

CounterStrike MMA Academy  
1730 Ogden Ave  
Downers Grove, IL 60515  
331-330-0662/ 630-989-5449  
[counterstrikemma@gmail.com](mailto:counterstrikemma@gmail.com)

CALL for a FREE TRIAL  
BJJ, Boxing, Muay Thai, MMA,  
Group Fitness, Self Defense, Judo  
and Wrestling

**Free Class for Any Martial Arts Discipline!**  
**Click, Call, or Inquire Within.**

World-class instructors are ready to focus their attention on building your skills, fitness, and self-esteem, whether you are a beginner or an advanced fighter, in the arts of Brazilian Jiu-Jitsu, Muay Thai Kickboxing, Judo, MMA, Boxing, Group Fitness, Wrestling and Self Defense.

CounterStrike MMA Academy is a 5,000 Sq Ft training center with a 20 x 20 foot full-sized ring, 2,000 Sq Ft of 2" thick Tatame mats, multiple heavy bags, cardio and strength training equipment, showers, lockers and private dressing rooms.

New Member Information:

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

How did you find CounterStrike?  
\_\_\_\_\_

**Class Schedule**

**Monday**

- 11:00 am – 12:00 pm Women’s Only Kickboxing
- 12:00 – 1:00 pm Kickboxing
- 5:00 – 6:00 pm Kids Grappling (Ages 7-12)
- 6:00 – 7:00 pm Boxing
- 6:00 – 7:00 pm Group Fitness
- 7:00 – 8:00 pm Women’s Only Kickboxing
- 7:00 – 8:30 pm Brazilian Jiu-Jitsu (Gi)
- 6:00 – 9:00 pm Open Gym

**Tuesday**

- 11:00 – 1:00 pm Grappling Open Mat
- 6:00 – 7:30 pm Advanced Muay Thai Kickboxing
- 7:30 – 8:30 pm FMA
- 6:00 – 8:00 pm Open Gym

**Wednesday**

- 11:00 am – 12:00 pm Women’s Only Kickboxing
- 12:00 – 1:00 pm Kickboxing
- 6:00 – 7:00 pm Group Fitness
- 6:00 – 7:00 pm Off-Season Wrestling
- 6:15 – 7:00 pm Brazilian Jiu-Jitsu Fundamentals (Gi)
- 7:00 – 8:00 pm Women’s Only Kickboxing
- 7:00 – 8:30 pm Brazilian Jiu-Jitsu (Gi)
- 6:00 – 9:00 pm Open Gym

**Thursday**

- 12:00 – 1:00 pm Grappling Open Mat
- 5:00 – 6:00 pm Kids Muay Thai Kickboxing (Ages 7-12)
- 6:00 – 7:30 pm Muay Thai Kickboxing
- 6:00 – 8:00 pm Open Gym

**Friday**

- 5:00 – 6:00 pm Kids Martial Arts (Ages 7-12)
- 6:00 – 7:00 pm Boxing
- 7:00-8:30 pm Brazilian Jiu-Jitsu (No-Gi)
- 6:00 – 8:30 pm Open Gym

**Saturday**

- 10:45 – 12:15 pm Brazilian Jiu-Jitsu (Gi)
- 12:30 – 1:30 pm Muay Thai Kickboxing
- 1:30 – 2:30 pm FMA
- 2:30 – 4:00 pm Judo (Gi) (Ages 7 and Above)
- 11:00 – 4:00 pm Open Gym