



CounterStrike
MMA Academy

CounterStrike MMA Academy
1730 Ogden Ave
Downers Grove, IL 60515
331-330-0662/ 630-989-5449
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, shower, lockers and private dressing rooms.

New Member Information:

Name _____

Phone _____

Address _____

City _____ Zip _____

Email _____

How did you find CounterStrike?

Class Schedule

Monday

| | |
|------------------|-----------------------------|
| 11:00 – 12:00 pm | Grappling |
| 12:00 – 1:00 pm | Kickboxing |
| 5:00 – 6:00 pm | Kids Grappling (Ages 7-12) |
| 6:00 – 7:00 pm | Boxing |
| 6:30 – 7:30 pm | Group Fitness |
| 7:00 – 8:30 pm | Brazilian Jiu-Jitsu (No-Gi) |
| 6:00 – 9:00 pm | Open Gym |

Tuesday

| | |
|----------------|---------------------------------------|
| 5:00 – 6:00 pm | Kids Muay Thai Kickboxing (Ages 7-12) |
| 6:00 – 7:30 pm | Muay Thai Kickboxing |
| 7:30 – 8:30 pm | Filipino Martial Arts |
| 7:30 – 8:30 pm | Team Force Taekwondo |

Wednesday

| | |
|------------------|--------------------------|
| 11:00 – 12:00 pm | Grappling |
| 12:00 – 1:00 pm | Kickboxing |
| 6:00 – 7:00 pm | Wrestling |
| 6:30 – 7:30 pm | Group Fitness |
| 7:00 – 8:30 pm | Brazilian Jiu-Jitsu (Gi) |
| 6:00 – 9:00 pm | Open Gym |

Thursday

| | |
|----------------|---------------------------------------|
| 5:00 – 6:00 pm | Kids Muay Thai Kickboxing (Ages 7-12) |
| 6:00 – 7:30 pm | Muay Thai Kickboxing |
| 7:30 – 8:30 pm | Team Force Taekwondo |

Friday

| | |
|------------------|-------------------------------|
| 11:00 – 12:00 pm | Grappling |
| 12:00 – 1:00 pm | Kickboxing |
| 5:00 – 6:00 pm | Kids Martial Arts (Ages 7-12) |
| 6:00-7:30 pm | Brazilian Jiu-Jitsu (Gi) |
| 7:30- 9:00 pm | MMA |
| 6:00 – 8:30 pm | Open Gym |

Saturday

| | |
|------------------|--------------------------|
| 8:00 – 9:00 am | Group Fitness |
| 8:30 – 10:30 am | Team Force Taekwondo |
| 9:00 – 10:00 am | Group Fitness |
| 10:30 – 12:00 pm | Brazilian Jiu-Jitsu (Gi) |
| 12:30 – 1:30 pm | Muay Thai Kickboxing |
| 1:30 – 2:30 pm | Filipino Martial Arts |
| 2:30 – 4:00 pm | Judo (Gi) |
| 12:00 – 3:30 pm | Open Gym |

Membership Fees

Part-Time (3 classes or less per week)

| | |
|------------------------------|--------------------|
| Monthly | 110 |
| Monthly with 1 Year Contract | \$90 |
| 3 Month / 6 Month Package | 300 / \$540 |

Full-Time (Unlimited)

| | |
|------------------------------|--------------------|
| Monthly | 150 |
| Monthly with 1 Year Contract | \$130 |
| 3 Month / 6 Month Package | 420 / \$780 |

Individual Class Packages

| | |
|---------------|-----|
| Pay Per Class | 30 |
| 5-Class Pack | 100 |
| 10-Class Pack | 150 |

FAMILY, LAW ENFORCEMENT, MILITARY AND STUDENT DISCOUNTS

Individual Training (Martial Arts/Fitness)

Call or email for pricing

START-UP FEE is currently \$100 Per Student