



**CounterStrike**  
MMA Academy

CounterStrike MMA Academy  
999 W. Main St.  
West Dundee, IL 60118  
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 the new training center at Lifezone 360 with 1,200 Sq Ft of 2” thick Tatame mats and multiple heavy bags.

New Member Information:

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

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

Email \_\_\_\_\_

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

## Class Schedule

### Monday

7:00 – 8:30 pm Judo (Gi)

### Tuesday

5:00 – 6:00 pm Youth Boxing (Ages 7-12)  
6:00 – 7:00 pm Adults Boxing  
7:00 – 8:30 pm Silat

### Wednesday

7:00 – 8:30 pm Judo (Gi)

### Thursday

5:00 – 6:00 pm Youth Boxing (Ages 7-12)  
6:00 – 7:00 pm Adults Boxing

### Friday

5:00 – 6:00 pm Youth Boxing (Ages 7-12)  
6:00 – 7:00 pm Adults Boxing