



CounterStrike
MMA Academy

CounterStrike MMA Academy
1730 Ogden Ave
Downers Grove, IL 60515
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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