



## 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

12:00 – 1:00 pm Muay Thai Kickboxing  
5:00 – 6:00 pm Kids Kickboxing (Ages 6-12)  
6:00 – 7:00 pm MMA  
6:00 – 7:00 pm Group Fitness  
6:15 – 7:00 pm Brazilian Jiu-Jitsu Fundamentals (Gi)  
7:00 – 7:45 pm Boxing Fundamentals  
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  
5:00 – 5:45 pm Youth Wrestling (Ages 4-12)  
6:00 – 7:30 pm Muay Thai Kickboxing  
6:00 – 8:00 pm Open Gym

### Wednesday

12:00 – 1:00 pm Muay Thai Kickboxing  
5:30 – 6:15 pm Youth Wrestling (Ages 4-12)  
6:00 – 7:00 pm Group Fitness  
6:15 – 7:00 pm Muay Thai Kickboxing Fundamentals  
6:15 – 7:00 pm Brazilian Jiu-Jitsu Fundamentals (Gi)  
7:00 – 8:00 pm Boxing Fundamentals  
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 Kickboxing (Ages 6-12)  
6:00 – 7:30 pm Muay Thai Kickboxing  
7:30 – 8:30 pm FMA (Self Defense)  
6:00 – 8:00 pm Open Gym

### Friday

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

### Saturday

9:00 – 10:30 am Judo (Gi) (Ages 9 and Above)  
10:45 – 12:15 pm Brazilian Jiu-Jitsu (Gi)  
12:30 – 1:30 pm Muay Thai Kickboxing  
1:30 – 2:30 pm FMA (Self Defense)  
11:00 – 4:00 pm Open Gym