



CounterStrike
MMA Academy

CounterStrike MMA Academy
999 W. Main St.
West Dundee, IL 60118
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 the new training center at Lifezone 360 with 1,200 Sq Ft of 2” thick Tatame mats, 24 Ft. of wall mats and multiple heavy bags.

New Member Information:

Name _____

Phone _____

Address _____

City _____ Zip _____

Email _____

How did you find CounterStrike?

Class Schedule

Monday

5:15 – 6:00 pm Youth Judo (Ages 6-12)
6:00 – 7:30 pm Adults Judo (Ages 12+)

Tuesday

5:00 – 6:00 pm Youth Boxing (Ages 6-12)
6:00 – 7:00 pm Adults Boxing (Ages 12+)
7:30 – 9:00 pm Adults Silat (Self Defense) (Ages 12+)

Wednesday

5:15 – 6:00 pm Youth Judo (Ages 6-12)
6:00 – 7:30 pm Adults Judo (Ages 12+)

Thursday

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

Friday

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