

### HOURS OF OPERATION

Monday - Friday  
4:30pm - 8:30pm  
Saturday  
9am - 1pm

\*Hours are subject to change



### PRIDE MUAY THAI

1 - 877 Redonda st  
Winnipeg, MB  
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www.pridemuaythai.com  
204-505-4048

## CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am - 6:30am Bootcamp		5:30am - 6:30am Bootcamp		5:30am - 6:30am Bootcamp	
7am - 7:30am KickFit30		7am - 7:30am KickFit30		7am - 7:30am KickFit30	
9am - 9:30am KickFit30		9am - 9:30am KickFit30		9am - 9:30am KickFit30	9:30am - 10:15am Kids Muay Thai
10am - 10:30am KickFit30		10am - 10:30am KickFit30		10am - 10:30am KickFit30	10:30am - 11:30am Kickboxing
12pm - 12:30pm KickFit30		12pm - 12:30pm KickFit30		12pm - 12:30pm KickFit30	11:45am - 12:45pm Muay Thai
4:30pm - 5:15pm Beginner Muay Thai		4:30pm - 5:15pm Little Ninjas	4:30pm - 5:15pm Beginner Muay Thai		
5:15pm - 6pm Little Ninjas	4:45pm - 5:45pm Jr.Nak Muay	5:15pm - 6pm Muay Thai Warriors	5:15pm - 6pm Muay Thai Warriors	4:45pm - 5:45pm Jr.Nak Muay	
6pm - 7pm Kickboxing	6pm - 7pm Kickboxing	6pm - 7pm Kickboxing	6pm - 7pm Kickboxing	6pm - 7pm Kickboxing	
7pm - 8pm Muay Thai	7pm - 8pm Muay Thai	7pm - 8pm Muay Thai	7pm - 8pm Muay Thai	7pm - 8pm Muay Thai	
8pm - 8:30pm Clinch	7pm - 8pm Ladies Only Kickboxing	8pm - 8:30pm Clinch	7pm - 8pm Kids No-Gi Grappling	7pm - 8pm Ladies Only Kickboxing	
8:30pm - 9pm Muay Thai Sparring	8pm - 9pm MMA	8:30pm - 9pm Muay Thai Sparring	8pm - 9pm No - Gi Grappling	8pm - 9pm MMA	
---	9pm - 10pm No - Gi Grappling	---	9pm - 10pm MMA	9pm - 10pm No - Gi Grappling	

## MEMBERSHIP OPTIONS

### Regular Memberships

	# of classes / Month	1 Month	3 Months	6 Months	1 Year
Bronze	10	\$70.00	\$67.50	\$62.50	\$57.50
Silver	20	\$85.00	\$80.00	\$75.00	\$70.00
Gold	40	\$110.00	\$104.00	\$96.00	\$88.00
Platinum	Unlimited	\$150.00	\$139.00	\$128.00	\$117.00

### Kids Membership Options

	1 Class / Week	2 Classes / Week
3 Months (In full)	\$180.00	\$275.00
6 Months (Monthly)	\$65.00	\$75.00
9 Months (Monthly)	\$60.00	\$70.00
1 Year (Monthly)	\$55.00	\$65.00

\*\$60 registration fee for new students (Includes Uniform)

### Ladies Only Kickboxing Class

	2 x / Week
3 Months (In full)	\$195.00
6 Months (Monthly)	\$60.00
1 Year (Monthly)	\$55.00
Intro Special (includes gear)	\$225.00

### Weight Room Memberships

Unlimited Access	\$25.00
Member Discount	
Bronze	\$20.00
Silver	\$15.00
Gold	\$10.00
Platinum	FREE

\*All memberships are month-month auto-pay via credit card or bank account.

### Other Prices & Information

<b>Drop In Fees:</b>	
Non-Membe	\$15 per class
Members:	\$10 per class
	\$15 per day
10 Class Pass	\$120 (plus GST)
20 Class Pass	\$195 (plus GST)
Lockers:	\$10 /mth

Family Discounts: 15% off additional memberships

### Fit Fighter Bootcamp

8 Week Session	\$169.00
Returning Membe	\$149.00
4 Week Session	\$119.00
Member Discount	
Bronze	40% off
Silver	50% off
Gold	60% off
Platinum	70% off

Prices do not include 5% gst

Memberships with monthly auto-pays must sign a contract