

HOURS OF OPERATION

Monday - Friday
4:30pm - 8:00pm
Saturday
9am - 1pm

**Hours are subject to change*



PRIDE MUAY THAI

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30pm - 5:15pm Kids Beginner MT		4:30pm - 5:15pm Little Ninjas	4:30pm - 5:15pm Kids Beginner MT		9am - 9:30am Tiny Tigers
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	9:30am - 10:15am Kids Muay Thai
6pm - 7pm Kickboxing	6pm - 7pm Kickboxing	6pm - 7pm Kickboxing	6pm - 7pm Kickboxing	6pm - 7pm Kickboxing	10:30am - 11:30 Kickboxing
7pm - 8pm Muay Thai	7pm - 8pm Muay Thai	7pm - 8pm Muay Thai	7pm - 8pm Muay Thai	7pm - 8pm Muay Thai	11:45 - 12:45pm Muay Thai
8pm - 8:30pm Clinch	7pm - 8pm Ladies Kickboxing	8pm - 8:30pm Clinch		7pm - 8pm Ladies Kickboxing	
8:30pm - 9pm Muay Thai Sparring		8:30pm - 9pm Muay Thai Sparring			

Membership Options

Adult Memberships

Weight Room

	# of classes / Month	Regular	Premium	1 Month	Premium
		1 Month	Monthly Autopay	\$30.00	\$20.00
Bronze	10	\$70.00	\$55.00	\$15.00	Free
Silver	15	\$82.50	\$63.75	\$10.00	Free
Gold	30	\$93.75	\$77.50	\$5.00	Free
Platinum	Unlimited	\$125.00	\$95.00	Free	Free

Youth Memberships

Family Memberships

	# of classes / Week	Regular	Premium	# of classes / Month	Premium
		8 Weeks	Monthly Autopay	3-5 Members	Monthly Autopay
Bronze	1	\$140.00	\$55.00	30	\$150.00
Silver	2	\$160.00	\$65.00	40	\$200.00
Gold	4	\$180.00	\$75.00	50	\$250.00
Platinum	Unlimited	-	\$95.00	Unlimited	\$350.00

Other Pricing & Information

Drop In Fees:

Non-Members: \$15 per class
Members: \$10 per class
\$15 per day

Class Passes:

10 Class Pass: \$120 (plus GST)
20 Class Pass: \$200 (plus GST)

Lockers:

Monthly Fee: \$10.00
Daily: Free

Family Discount: 10% off additional memberships.

\$50 registration fee to all new students entering the youth program (Includes Uniform)

Prices do not include 5% gst.

Save 5% if you purchase 3 regular adult 1 month memberships

<u>Contract Terms</u>	<u>Suspensions</u>	<u>Cancellations</u>
Payments are processed automatically on a monthly basis via credit card or direct withdrawal from a bank account.	Memberships can be suspended for a minimum of 14 days and a maximum of 60 days.	There is a 10 day grace period in which a premium membership can be cancelled without penalty.
Minimum four month commitment required.	Memberships are limited to 2 individual suspension per calendar year.	Memberships can be cancelled within the 4 month commitment period with a fee of 40% of the remaining agreement.
Once commitment period has passed, premium pricing will apply while membership is active.	There is a \$10.00 fee to suspend membership.	30 Days written notice required outside of the commitment period.
		Once cancelled, future memberships will be subject to the current price.