

# OMNI



## GROUP CLASSES

We offer classes for every level, and each class is coached with intention and focus, so everyone can get the attention they need.

### Muay Thai\*

\$120/month  
(unlimited classes)

#### All Levels

Mon, Wed, Fri:  
8:00-9:00am, 12:00-1:00pm  
& 7:00-8:00pm

#### Youth (ages 5-8)

Mon, Wed, Fri: 4:00-5:00pm

#### Youth (ages 9-12)

Mon, Wed, Fri: 5:00-6:00pm

#### Advanced

Mon, Wed, Fri: 6:00-7:00pm

### Boxing\*

\$120/month  
(unlimited classes)

#### Youth (ages 5-8)

Tue, Thu: 4:00-5:00pm  
Sat: 9:00-10:00am

#### Youth (ages 9-12)

Tue, Thu: 5:00-6:00pm  
Sat: 9:00-10:00am

#### Advanced

Tue, Thu: 6:00-7:00pm

#### All Levels

Tue, Thu: 7:00-8:00pm  
Sat: 10:00-11:00am

### Jiu Jitsu

Starting at \$150/month  
(unlimited classes)

#### Situation/Live Training

##### All Levels

Mon, Wed, Fri:  
9:00-10:30am (Gi)  
6:00-9:00pm (No Gi)

##### Youth Gi

Mon, Wed, Fri: 4:15-5:00pm  
Sat: 10:15-11:00am

##### Gi Fundamentals

Tue, Thu: 7:00-9:00pm

##### Q&A/Open Mat/Drilling

Sat: 11:00am-12:30pm

### MMA Combo

\$200/month  
(unlimited Muay Thai,  
boxing, and Jiu Jitsu classes)

#### MMA Team Training

Tue, Thu: 12:30-2:30pm

\*Muay Thai & Boxing combo: \$150/month

