

GET STARTED

WITH ONE OF OUR
GREAT DEALS
FOR **NEW STUDENTS**



STRIKING/CLINCH



THROWS/TAKEDOWNS



GRAPPLING



SUBMISSIONS

BJJ

BRAZILIAN JIU JITSU

1 MONTH ALL ACCESS BJJ
PLUS UNIFORM

\$99.95
+TAX

STANDUP

STRIKING THROWS SWEEPS

1 MONTH ALL ACCESS
STRIKING PLUS
SPARRING KIT

\$139.95
+TAX

MMA

MIXED MARTIAL ARTS

2 MONTHS ALL ACCESS
BJJ PLUS STRIKING
PLUS UNIFORM
PLUS SPARRING KIT

\$249.95
+TAX

MODERN
VISION
FAMILY FITNESS CENTRE

WWW.MODERNVISIONMMA.COM

INCLUDES
24 HOUR GYM

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FOR **NEW STUDENTS**



STRIKING/CLINCH



THROWS/TAKEDOWNS



GRAPPLING



SUBMISSIONS

BJJ

BRAZILIAN JIU JITSU

1 MONTH ALL ACCESS BJJ
PLUS UNIFORM

CLASS SCHEDULE:

MONDAY 7PM

TUESDAY 1PM & 7PM

WEDNESDAY 7PM

THURSDAY 1PM, 6:30PM & 8PM

FRIDAY 7PM

SATURDAY 1PM

\$99.95+TAX

(\$240 VALUE)

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24 HOUR GYM

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THROWS/TAKEDOWNS



GRAPPLING



SUBMISSIONS

STANDUP

STRIKING THROWS SWEEPS

1 MONTH ALL ACCESS
STRIKING PLUS
SPARRING KIT

CLASS SCHEDULE:

MONDAY 2PM & 6:30PM

TUESDAY 7PM (START SEPT 2017)

WEDNESDAY 6:30PM

THURSDAY 11:30AM & 7PM (START SEPT 2017)

FRIDAY 2PM

SATURDAY 12PM

\$139.95+TAX

(\$240 VALUE)

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STRIKING/CLINCH



THROWS/TAKEDOWNS



GRAPPLING



SUBMISSIONS

M M A
MIXED MARTIAL ARTS

2 MONTHS ALL ACCESS
BJJ PLUS STRIKING
PLUS UNIFORM
PLUS SPARRING KIT

\$249.95^{+TAX}
(\$540 VALUE)

STRIKING CLASSES:

MONDAY 6:30PM

TUESDAY 1PM

WEDNESDAY 6:30PM

THURSDAY 11:30AM

FRIDAY 2PM

SATURDAY 1PM

BJJ CLASSES:

MONDAY 7PM

TUESDAY 1PM & 7PM

WEDNESDAY 7PM

THURSDAY 1PM, 6:30PM & 8PM

FRIDAY 7PM

SATURDAY 1PM

MMA CLASSES: MONDAY 8PM, WEDNESDAY 8PM, SATURDAY 1PM

MODERN
VISION
FAMILY FITNESS CENTRE

INCLUDES
24 HOUR GYM

GET STARTED

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BJJ

BRAZILIAN JIU JITSU

3-5 & 6-7 YRS

1 MONTH ALL ACCESS
PLUS RENTAL EQUIPMENT

\$49.95
+ TAX

(\$100 VALUE)

1 MONTHS ALL ACCESS
PLUS UNIFORM

\$99.95
+ TAX

(\$200 VALUE)

CLASS SCHEDULE 3-5 YRS: MONDAY & WEDNESDAY 5-5:30PM SATURDAY 9-9:30AM

CLASS SCHEDULE 6-7 YRS: TUESDAY & THURSDAY 5-5:30PM SATURDAY 9-9:30AM

MMA

MIXED MARTIAL ARTS

8-10 & 11-13 YRS

1 MONTH ALL ACCESS
PLUS RENTAL EQUIPMENT

\$59.95
+ TAX

(\$110 VALUE)

2 MONTHS ALL ACCESS
PLUS UNIFORM
& EQUIPMENT

\$249.95
+ TAX

(\$500 VALUE)

CLASS SCHEDULE 8-10 YRS: TUESDAY & THURSDAY 5:30-7PM FRIDAY 5:30-7PM

CLASS SCHEDULE 11-13 YRS: MONDAY & WEDNESDAY 5:30-7PM FRIDAY 5:30-7PM

MODERN
VISION
FAMILY FITNESS CENTRE

PARENTS ADD GYM
\$30 MONTHLY
\$20 ONE TIME KEY FEE

GET STARTED

WITH ONE OF OUR GREAT DEALS FOR NEW STUDENTS

Our Mixed Martial Arts program for kids ages 8 to 13 is designed to increase confidence and discipline, while having fun and improving their overall fitness.

Kids train in Brazilian Jiu Jitsu and Kickboxing, and use them together to achieve proficiency in Mixed Martial Arts

Our regular Grading system gives them goals to strive towards, and our ongoing special events give them variety.

MMA

MIXED MARTIAL ARTS

8-10 & 11-13YRS

1 MONTH ALL ACCESS
PLUS RENTAL EQUIPMENT

\$59.95
+ TAX
(\$100 VALUE)

2 MONTHS ALL ACCESS
PLUS UNIFORM
& EQUIPMENT

\$249.95
+ TAX
(\$400 VALUE)

CLASS SCHEDULE 8-10YRS: TUESDAY & THURSDAY 5:30-7PM FRIDAY 5:30-7PM

CLASS SCHEDULE 11-13YRS: MONDAY & WEDNESDAY 5:30-7PM FRIDAY 5:30-7PM

MODERN
VISION
FAMILY FITNESS CENTRE

PARENTS ADD GYM
\$30 MONTHLY
\$20 ONE TIME KEY FEE

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Our Little Ninjas program for kids ages 3 to 7 years old, is designed to increase confidence, focus and discipline, while having fun and improving their overall fitness.

Kids train in Brazilian Jiu Jitsu – a martial art focused on takedowns, grappling and transitions (no punches or kicks).

Our regular Grading system gives them goals to strive towards, and our ongoing special events give them variety.

BJJ
BRAZILIAN JIU JITSU
3-5 & 6-7 YRS

1 MONTH ALL ACCESS
PLUS RENTAL EQUIPMENT

\$49.95
+ TAX
(\$100 VALUE)

1 MONTHS ALL ACCESS
PLUS UNIFORM

\$99.95
+ TAX
(\$200 VALUE)

CLASS SCHEDULE 3-5 YRS: MONDAY & WEDNESDAY 5-5:30PM SATURDAY 9-9:30AM

CLASS SCHEDULE 6-7 YRS: TUESDAY & THURSDAY 5-5:30PM SATURDAY 9-9:30AM

MODERN
VISION
FAMILY FITNESS CENTRE

PARENTS ADD GYM
\$30 MONTHLY
\$20 ONE TIME KEY FEE

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FOR **NEW CLIENTS**

MODERN
VISION
FAMILY FITNESS CENTRE

WWW.MODERNVISIONFITNESS.COM

GYM ONLY

24 HOUR ACCESS TO
MACHINES & SHOWERS

\$33.95
+TAX MONTHLY

FIRST AND LAST + KEY DUE ON ENROLLMENT, MONTHLY AUTOMATIC PAYMENTS

SUPPORT

ON DEMAND SESSION
WITH A CSEP TRAINER

\$49.95
+TAX PER SESSION

RECEIVE A DISCOUNT TO SIGN UP FOR MULTIPLE SESSIONS – INQUIRE AT DESK

PROGRAM+

GYM SHOWERS ROUTINE

24 HOUR ACCESS TO
MACHINES & SHOWERS
PLUS MONTHLY PROGRAM

\$75.95
+TAX MONTHLY

FIRST AND LAST + KEY DUE ON ENROLLMENT, MONTHLY AUTOMATIC PAYMENTS

CHALLENGE

4 WEEKS 8 WEEKS 12 WEEKS

24 HOUR ACCESS TO
MACHINES & SHOWERS
PLUS WEEKLY PROGRAM

\$49.95
+TAX WEEKLY

FIRST AND LAST + KEY CARD DUE ON ENROLLMENT. WEEKLY AUTOMATIC PAYMENTS