

# Schedule

## Red's Boxing

<b>Monday</b>	10 - 11:00 a.m.	<b>Class</b>
	4 - 5:00 p.m.	<b>Open gym</b>
	5 - 6:00 p.m.	<b>Beginners</b>
	6 - 8:00 p.m.	<b>Advanced</b>
<b>Tuesday</b>	4 - 5:00 p.m.	<b>Open gym</b>
	5 - 6:00 p.m.	<b>Beginners</b>
	6 - 8:00 p.m.	<b>Advanced</b>
<b>Wednesday</b>	10 - 11:00 a.m.	<b>Class</b>
	4:30 - 5:30 p.m.	<b>Youth</b>
	6 - 8:00 p.m.	<b>Advanced</b>
<b>Thursday</b>	4 - 5:00 p.m.	<b>Open gym</b>
	5 - 6:00 p.m.	<b>Beginners</b>
	6 - 8:00 p.m.	<b>Advanced</b>
<b>Friday</b>	10 - 11:00 a.m.	<b>Class</b>
	4 - 5:00 p.m.	<b>Open gym</b>
	5 - 6:00 p.m.	<b>Beginners</b>
	6 - 8:00 p.m.	<b>Advanced</b>
<b>Saturday</b>		
	1 - 2:00 p.m.	<b>Youth</b>
<b>Sunday</b>		

## Jiu-Jitsu

<b>Monday</b>	5 - 6:00 p.m.	<b>Beginners</b>
<b>Tuesday</b>	7:30 p.m.	<b>Advanced</b>
<b>Wednesday</b>	5 - 6:00 p.m.	<b>Beginners</b>
<b>Thursday</b>	7:30 p.m.	<b>Advanced</b>
<b>Friday</b>	5 - 6:00 p.m.	<b>Beginners</b>
<b>Saturday</b>	12:30pm	<b>Open Mat</b>
<b>Sunday</b>	10:00am	<b>Open Mat</b>

**\*MMA is invite only to current members**

# One Combat Academy



**COMBAT ACADEMY**



## Red's Boxing Club



**at**



*Proudly Serving Siouxland Since 1986*

Offering quality mixed martial arts instruction by credentialed coaches in the areas of **Boxing, Jiu-Jitsu & Wrestling.** Whether you're looking to get in shape, **One Combat Academy** has something to offer people of all ages.

Visit us at <https://sites.google.com/view/onecombatacademy/home>



### Member Rates

	1 PROGRAM
ADULT	\$ 15.00
(13-17) STUDENT	\$ 35.00
(8-12) YOUTH	\$ 20.00
EACH ADD'L CHILD	\$ 15.00

### Non-Member Rates

	1 PROGRAM
ADULT	\$ 55.00
(13-17) STUDENT	\$ 40.00
(8-12) YOUTH	\$ 25.00
EACH ADD'L CHILD	\$ 20.00



### Member Rates

	1 PROGRAM
ADULT	\$ 20.00
(13-17) STUDENT	\$ 35.00
(8-12) YOUTH	\$ 20.00
EACH ADD'L CHILD	\$ 15.00

### Non-Member Rates

	1 PROGRAM
ADULT	\$ 60.00
(13-17) STUDENT	\$ 40.00
(8-12) YOUTH	\$ 25.00
EACH ADD'L CHILD	\$ 20.00

