

FIRST VISIT TO ANY CLASS IS FREE!



Mendo Training Center

	Kickboxing	Jiu-Jitsu	Boxing	Wrestling	Youth Jiu-Jitsu	Youth Kickboxing
Monday	6:30pm-7:30pm			7:30pm-8:30pm		4:30pm-5:15pm (4-6y/o) 5:30pm-6:30pm (7-13y/o)
Tuesday	Kick'n' Cardio 9:00am-10:00am	<u>Fundamentals:</u> 6pm-7pm <u>Advanced:</u> 7pm-8pm	5:30pm-6:30pm		4pm-4:45pm (4-6y/o) 5pm-6pm (7-13y/o)	
Wednesday	6:30pm-7:30pm			7:30pm-8:30pm		4:30-5:15 (4-6y/o) 5:30-6:30pm (7-13y/o)
Thursday	Kick'n' Cardio 9:00am-10:00am	<u>Fundamentals:</u> 6pm-7pm <u>Advanced:</u> 7pm-8pm	5:30pm-6:30pm		4-6y/o 4-4:45pm 7-13y/o 5pm-6pm	
Friday	Sparring 6:00pm-7:00pm	Open Mat: 7pm-8pm	Sparring 5:30pm-6:30pm			
Saturday						

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1068 N. State St., Ukiah, Ca. 95482

707-485-2341

mendomma.com

MTC Pricing

Monthly Membership

- Adults: \$100/month
- Highschool and College Students: \$75/month
- Youth Program 4-13y/o
 - \$75/month per program
 - \$125/ month for both
- Veteran/LEO/Fire: \$75

Per Visit Pricing

- 10 Visit Package: \$100
- \$20 Adult Day Pass
- \$15 Student/Leo/Vet/Fire Day Pass