

GROUP MARTIAL ARTS.



MONTHLY RATES INDIVIDUAL FAMILY

Member	\$100	\$150
Non-Member	\$125	\$165

- Private Lesson Rate: \$100 per hour
- Attend as many classes as you would like.

Call Mike Proctor, Cooper Fitness Center Martial Arts Pro to register.

972.233.4832, ext. 4428

MONTHLY SCHEDULE

Mondays:

4-4:45 p.m.	Juniors	Ages 5-12	Mind/Body Studio
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Wednesdays:

4-4:45 p.m.	Juniors	Ages 5-12	Mind/Body Studio
6-7:30 p.m.	All Belts	All Ages	Gym Floor

Saturdays:

1-2:30 p.m.	All Belts	All Ages	Aerobics & Mind/Body Studios
2:30-4 p.m.	Advanced	Brown & Black Belts	Aerobics & Mind/Body Studios



Cooper Fitness Center™
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cooperfitnesscenter.com
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