



BITTERROOT

MIXED-MARTIAL ARTS

facebook

→ DOGPOUND-SYLVIOSBEHRING HAMILTON

BOXING • MUAY THAI • WRESTLING

BRAZILIAN JIU-JITSU • SELF DEFENSE

KIDS - \$25/MONTH TUE/WED/THUR @ 5 PM

ADULTS - \$50/MONTH WEEKDAYS @ 6:30 PM

WEDNESDAYS @ 5 PM

FAMILY - \$100/MONTH

NON-MEMBER - \$20/CLASS

FULL WEIGHT ROOM!

WEIGHT ROOM ONLY - \$25/MONTH OR \$5/LIFT

LOCATION:

209 S 1ST STREET
NEXT TO VALLEY BICYCLES

**PRIVATE LESSONS
\$25/HOUR**

FIRST STRIKING & FIRST GRAPPLING CLASS FREE!!