

## **The Grindhouse MMA Academy Fees and Information**

Adult MMA Classes: \$25 for each group class or purchase a monthly membership For \$100 and attend any scheduled class you like, including The MMA Cardio-Conditioning classes. No contacts or Enrollment fees.

Kids MMA Classes: \$25 for each group Kids Class or purchase a monthly Membership for \$100 and attend any scheduled Kids MMA Class you like.

Combat Sports Conditioning/ MMA Cardio Classes: \$15 per class or purchase a Monthly membership for \$60. Cardio classes are open to Anyone.

### Instructors:

Sean Diehl- Brazilian Jiu Jitsu- Groundwork- Grappling- Submissions  
Instructor- MMA Cardio-Conditioning Coach- Kids Class  
Instructor- Fight Team Trainer and Cornerman  
Christian Rodriguez- Tang Soo Do- MMA Kickboxing/ Stand Up- Striking  
Instructor- MMA Cardio-Conditioning Coach- Fight Team  
Trainer and Cornerman  
Justin Flores- Black Belt Judo- Wrestling- Groundwork- MMA Cardio-  
Conditioning Coach- Fight Team Trainer and Cornerman  
Jimmy Coleman- MMA Kickboxing/Stand Up- Striking Instructor-  
MMA Cardio-Conditioning Coach- 4<sup>th</sup> Degree Dan in Tang Soo Do  
Dan Massimini- Jiu Jitsu-Boxing- Wrestling- Muay Thai Coach- MMA Cardio-  
Conditioning Coach  
Jerry Bradley- Academy Owner/Manager- Licensed MMA Manager and Corner  
Man- Fight Team Coach

New students are encouraged to come and take a free one week trial!!

We recommend groin protection, shin and mouth guards be worn by all adult MMA students. Boxing and/ or MMA gloves are required for use in MMA classes as well Boxing and MMA gloves, shin and instep guards, and mouth guards are available for purchase at the Grindhouse or you can bring your own. Please see a Grindhouse staff member before buying your own equipment.

Anyone interested in trying out for our in house MMA Fight Team, Team Grindhouse, see Jerry or one of our instructors for more information. Team Grindhouse competes in local amateur and pro MMA events in Pennsylvania and New Jersey. We have licensed MMA Managers and certified corner men and trainers on staff.

Welcome to The Grindhouse MMA Academy!! Train hard and have fun!!