

Miletich Fighting Systems (MFS), American Jiu Jitsu (/AJJ), and Kickboxing Classes

Summit II Fitness
1201 NW Woods Chapel Road, Blue Springs, MO 64015

Contact Fred Ettish at (913) 231-0338 or email americakobukan@earthlink.net for information

SCHEDULE	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 – Noon:	MFS*	Jiu Jitsu	MFS*	Jiu Jitsu	MFS*
4:30 – 5:15:	Kids' Karate**		Kids' Karate**		
6:30 – 7:30:	MFS Beg. Grappling	Kickboxing	Jiu Jitsu	Kickboxing	
7:30 – 8:30:	MFS Beg. Stand Up	MFS Cond.*	Jiu Jitsu/8:00 MFS MMA	MFS Cond.	
8:30 – 9:30:		Jiu Jitsu	MFS MMA	Jiu Jitsu	
9:30 – 10:00:		Jiu Jitsu		Jiu Jitsu	

* MFS Classes to start in April ** Kids = ages 6 - 12

PRICING OPTIONS

Unlimited Classes:	\$100 per mo. EFT / \$120 per mo. Cash or Check
Jiu Jitsu Only:	\$ 75 per mo. EFT / \$ 90 per mo. Cash or Check
Kickboxing Only:	\$ 75 per mo. EFT / \$ 90 per mo. Cash or Check
MFS Only:	\$ 75 per mo. EFT / \$ 90 per mo. Cash or Check
Kids' Classes:	\$ 50 per mo. EFT / \$ 65 per mo. Cash or Check
10 Classes (any):	\$110 – Cash or Check Only

Add. Exec. Boxing (M – Th 5:30 – 6:30): \$15 added to any of the above options.

Schedule subject to change. Classes may be added or shifted to accommodate the needs of students if sufficient interest is shown.

All options above include full membership to Summit II Fitness.

Private Lessons Available. Consult Instructor for scheduling/rates.

Instructors:

Jiu Jitsu: *Steve Crawford, Jobe Duran, Leo Pla*

Kickboxing: *Ron Dodson*

MFS and Kids' Karate: *Fred Ettish*