

Lashley Training Center Mount Vernon Septemeber - November

Classes	Days	Times	Pricing Options	Price
FREE Personal Training Intro (only 1 per customer)	Monday - Saturday (Appointment Only)	Any time convenient for you.		
FREE Jiu Jitsu & Karate Intros (appointment only)	Monday - Saturday	9:00 AM - 5:30 PM (schedule appointment)	Intro Starter Package Includes: - 2 One on One Sessions - Your uniform / equipment (gloves, gi,etc..) - Month of Classes	\$150
FREE Krav Maga & Boxing Intros (appointment only)	Monday - Saturday	9:00 AM - 5:30 PM (schedule appointment)		
No-Gi Jiu Jitsu	Friday	6:00 - 7:00 PM		
Morning Jiu Jitsu	Wednesday & Friday	9:00 AM - 10:00 AM		
Jiu Jitsu Adults	Tuesday & Thursday	6:30 - 8:00 PM	Family Intro Starter Package Includes: - whole family - 2 One on One Sessions - Family's uniform / equipment (gloves, gi,etc..) more than 2 gi's may cost more - Month of Classes	\$300
Open Mat	Wednesday	11:30 AM - 12:30 PM		
	Saturday	11:00 AM - 12:00 PM		
Teens Jiu Jitsu	Wednesday	6:30 PM - 7:30 PM		
Beginner Adult/teens Jiu Jitsu Class	Monday Wednesday (Beginner/intermediate)	6:30 - 7:30 PM		
Jiu Jitsu Kids (3-4yrs)	Monday & Wednesday	4:30 - 5:00 PM		
Jiu Jitsu Kids (5-7yrs)	Monday & Wednesday	5:00 - 5:30 PM	Open Gym	\$30
	Saturday	9:30 - 10:00 AM	Fitbot Personal Training	\$40
Jiu Jitsu Kids (8yrs - 13yrs)	Wednesday	5:30 - 6:30 PM	Single Unlimited Membership (Monthly)	\$80
	Saturday	10:00 - 11:00 AM		
Kids Jiu Jitsu Competition Class	Monday	5:30 - 6:30 PM	Family Unlimited Membership (Monthly)	\$150
Kids Karate	Tuesday & Thursday	5:00 - 5:30 PM(4-7yrs) & 5:30 - 6:30 PM(8yrs & Up)	*Discount*Single Unlimited Membership 12 Months	\$800
Karate Sparring (Appointment/Arrangement only)	Friday Saturday	5:30 PM 8:00 or 11:00 AM		
Krav Maga Level 1	Monday & Wednesday	7:00 - 8:00 PM	*Discount*Family Membership 12 Months	\$1,500
Krav Maga Level 2	Saturday	11:00 AM - 12:00 PM		
Adult Boxing	Monday & Wednesday	7:30 - 8:30 PM	Contact for Private Training Prices	\$0
Kids Boxing	Monday & Wednesday	6:30 - 7:30 PM	Contact Info: Ian 740-398-7410 Gym Office 740-326-9244 Email Address: ljjamartialarts@gmail.com MTV Location: 14261 Parrot St. Mount Vernon Ohio Danville Location: 26075 Danville Amity Rd Danville Ohio	
Boxing Sparring (Appointment/Arrangment only)	Friday Saturday	5:30 PM 8:00 or 11:00 AM		
Women's Roll Jiu Jitsu	Friday	6:00 - 7:00 PM		
Youth Athlete Development 12 & Under	Tuesday & Thursday	5:30 - 6:30 PM		
Youth Athlete Development High School	Tuesday & Thursday	5:30 - 6:30 PM		
Youth Athlete Development College	Tuesday & Thursday	5:30 - 6:30 PM		
Women's Fit 2 Fight	Wednesday & Friday	8:00 - 9:00 PM		
	Sunday	5:00 - 6:00 PM		
Open Gym	24/7	Any time convenient for you.		
Personal Training/ Private Sessions	Monday - Sunday (Appointment Only)	Any time convenient for you.		
Personal Training Fitbot	24/7	Any time convenient for you.		