

BRAZILIAN JIU JITSU & MUAY THAI CLASSES

Equilibrium MMA Gym

OFF-SITE
CLASSES

Head on down to Equilibrium MMA Gym at International Building to pick up a new martial art!

Brazilian Jiu-Jitsu is a combat sport that focuses on grappling, submission holds and especially ground fighting techniques. It helps condition your physical capabilities and mental strength.

Being one of the oldest yet most effective martial arts in the world, Muay Thai teaches you how to use the hands, elbows, knees and shins as weapons to defend yourself.



CLASS SCHEDULE

Members (4 - 21 year olds)

One complimentary trial class

One class pass: \$21.40

10 class passes: \$214

Monthly class pass (unlimited): \$278.20

Three monthly class pass (unlimited): \$197.95 per month

Six monthly class pass (unlimited): \$165.85 per month

One year class pass (unlimited): \$144.45 per month



To enjoy this offer, please register before heading down to the Equilibrium Gym.

Equilibrium Gym

360 Orchard Road, #BI-00
International Building, Singapore 238869.

For more information, please call the Youth Desk at 6739-4413/444 or email youth@amclub.org.sg.