

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am – 7:30am Gym 1 Rise & Shine Kickboxing	6:30am – 7:30am Gym 3 Combat Conditioning†	6:30am – 7:30am Gym 1 Rise & Shine Kickboxing	6:30am – 7:30am Gym 3 Combat Conditioning	6:30am – 7:30am Gym 1 Rise & Shine Kickboxing	9:00am – 9:45am Gym 1 Children's Jiu-Jitsu 4-14 Years Old (Beginners Welcome)
11:00am – 12:00pm Gym 1 Open Gym**	9:00am – 10:00am Gym 1 Beginner Kickboxing	11:00am – 12:00pm Gym 1 Open Gym**	9:00am – 10:00am Gym 1 Beginner Kickboxing	11:00am – 12:00pm Gym 1 Open Gym**	
12:00pm – 1:00pm Gym 1 Beginner Muay Thai Kickboxing Gym 2 Muay Thai Kickboxing (Int-Adv)	11:00am – 12:00pm Gym 1 Open Gym** 12:00pm – 1:00pm Gym 1 Beginner Muay Thai Kickboxing Gym 2 Muay Thai Kickboxing (Int-Adv)	12:00pm – 1:00pm Gym 1 Beginner Muay Thai Kickboxing Gym 2 Muay Thai Kickboxing (Int-Adv)	11:00am – 12:00pm Gym 1 Open Gym** 12:00pm – 1:00pm Gym 1 Beginner Muay Thai Kickboxing Gym 2 Muay Thai Kickboxing (Int-Adv)	12:00pm – 1:00pm Gym 1 Beginner Muay Thai Kickboxing Gym 2 Muay Thai Kickboxing (Int-Adv)	9:00am – 10:30am Gym 4 Women's Only Jiu-Jitsu (Beginners Welcome)
12:00pm – 1:00pm Gym 4 Jiu-Jitsu (All Levels)		12:00pm – 1:30pm Gym 4 Nogi Jiu-Jitsu (All Levels)		12:00pm – 1:00pm Gym 4 Jiu-Jitsu (All Levels)	
12:30pm – 1:30pm Gym 3 Combat Conditioning	12:00pm – 1:30pm Gym 4 Nogi Jiu-Jitsu (All Levels)	12:30pm – 1:30pm Gym 3 Combat Conditioning†	12:00pm – 1:30pm Gym 4 Nogi Jiu-Jitsu (All Levels)	12:30pm – 1:30pm Gym 3 Combat Conditioning	10:00am – 12:00pm Gym 1 Nogi Jiu-Jitsu (All Levels)
1:00pm – 2:00pm Gym 1 Open Gym**		1:00pm – 2:00pm Gym 1 Open Gym*		1:00pm – 2:00pm Gym 1 Open Gym*	11:00am – 12:00pm Gym 3 Combat Conditioning†
1:30pm – 2:30pm Gym 4 Competition Team Training (Invite Only)	1:30pm – 2:30pm Gym 4 Competition Team Training (Invite Only)	1:30pm – 2:30pm Gym 4 Competition Team Training (Invite Only) 4:00pm – 5:15pm Gym 4 Children's Elite Kickboxing	1:30pm – 2:30pm Gym 4 Competition Team Training (Invite Only) 4:00pm – 5:15pm Gym 4 Children's Elite Jiu-Jitsu	1:30pm – 2:30pm Gym 4 Competition Team Training (Invite Only)	12:00pm – 1:00pm Gym 3 Combat Conditioning†
4:15pm – 5:15pm Gym 3 Back to the Basics – Fundamentals of Strength and Conditioning	4:15pm – 5:15pm Gym 3 Back to the Basics – Fundamentals of Strength and Conditioning	4:15pm – 5:15pm Gym 3 Back to the Basics – Fundamentals of Strength and Conditioning	4:15pm – 5:15pm Gym 3 Back to the Basics – Fundamentals of Strength and Conditioning	4:15pm – 5:15pm Gym 3 Back to the Basics – Fundamentals of Strength and Conditioning	12:00pm – 1:00pm Gym 1 Muay Thai Kickboxing (All Levels)
4:30pm – 5:15pm Gym 1 Children's Kickboxing 5-9 Years Old (Beginners Welcome) Gym 2 Children's Kickboxing 10-14 Years Old (Beginners Welcome)	4:30pm – 5:15pm Gym 1 Children's Jiu-Jitsu 5-9 Years Old (Beginners Welcome) Gym 2 Children's Jiu-Jitsu 10-14 Years Old (Beginners Welcome)	4:30pm – 5:15pm Gym 1 Children's Kickboxing 5-9 Years Old (Beginners Welcome) Gym 2 Children's Kickboxing 10-14 Years Old (Beginners Welcome)	4:30pm – 5:15pm Gym 1 Children's Jiu-Jitsu 5-9 Years Old (Beginners Welcome) Gym 2 Children's Jiu-Jitsu 10-14 Years Old (Beginners Welcome)	4:30pm – 5:15pm Gym 1 Children's Wrestling 5-9 Years Old (Beginners Welcome) Gym 2 Children's Wrestling 10-14 Years Old (Beginners Welcome)	1:00pm – 2:00pm Gym 3&4 Beginner Boxing Saturdays after 2:00pm are available for private group training or studio rental *Birthday Parties are also available
5:15pm – 5:45pm**** Gym 1&2 Women's Only Open Gym**	5:15pm – 5:45pm**** Gym 1&2 Women's Only Open Gym**	5:15pm – 5:45pm**** Gym 1&2 Women's Only Open Gym**	5:15pm – 5:45pm**** Gym 1&2 Women's Only Open Gym**		SUNDAY
5:30pm – 6:30pm Gym 3 Combat Conditioning	5:30pm – 6:30pm Gym 3 Combat Conditioning† 5:45pm – 6:45pm Gym 4 Muay Thai Fundamentals	5:30pm – 6:30pm Gym 3 Combat Conditioning	5:30pm – 6:30pm Gym 3 Combat Conditioning 5:45pm – 6:45pm Gym 4 Muay Thai Fundamentals	5:15pm – 5:45pm**** Gym 1&2 Women's Only Open Gym**	Sundays are available for private individual or group training sessions or studio rentals. Birthday Parties also available.
5:45pm – 6:45pm**** Gym 1 Beginner Women's Only Kickboxing Gym 2 Women's Only Kickboxing (Int-Adv)	5:45pm – 6:45pm**** Gym 1 Beginner Women's Only Kickboxing Gym 1 Women's Only Kickboxing (Int-Adv) Gym 2 Women's Only Jiu-Jitsu (Beginners Welcome)	5:45pm – 6:45pm**** Gym 4 Introductory Women's only Kickboxing Gym 1 Beginner Women's Only Kickboxing Gym 2 Women's Only Kickboxing (Int-Adv)	5:45pm – 6:45pm**** Gym 1 Beginner Women's Only Kickboxing Gym 1 Women's Only Kickboxing (Int-Adv) Gym 2 Women's Only Jiu-Jitsu (Beginners Welcome)	5:45pm – 6:45pm**** Gym 1 Beginner Women's Only Kickboxing Gym 2 Women's Only Kickboxing (Int-Adv)	****During the hours of 5:15 and 6:45pm Mon-Fri DCS is a Women's Only Facility
7:00pm – 8:00pm Gym 1 Beginner Muay Thai Kickboxing Gym 2 Muay Thai Kickboxing (Int-Adv) Gym 3&4 Beginner Boxing w/ Olympian & World Champion Manny Sobral	7:00pm – 8:00pm Gym 1 Introductory Muay Thai Kickboxing Gym 1 Beginner Muay Thai Kickboxing Gym 2 Muay Thai Kickboxing (Int-Adv) Gym 3 Boxing (All Levels)	7:00pm – 8:00pm Gym 1 Beginner Muay Thai Kickboxing Gym 2 Muay Thai Kickboxing (Int-Adv) Gym 3 Beginner Boxing Gym 3 Introductory Boxing	7:00pm – 8:00pm Gym 1 Introductory Muay Thai Kickboxing Gym 1 Beginner Muay Thai Kickboxing Gym 2 Muay Thai Kickboxing (Int-Adv) Gym 3 Boxing (All Levels)	6:00pm – 7:00pm Gym 3 Beginner Boxing 6:00pm – 7:30pm Gym 4 Beginner Jiu-Jitsu	***During open mat the gym is reserved for those who want to roll or drill Jiu-Jitsu (Gi and Nogi) **During open gym hours, trainers may be available for pad work (\$5 per round)
8:00pm – 9:30pm Gym 1 Beginner Jiu-Jitsu	7:00pm – 8:30pm Gym 4 Beginner Nogi Jiu-Jitsu 8:30pm – 9:30pm Gym 4 Nogi Jiu-Jitsu (Int-Adv)	7:00pm – 8:30pm Gym 4 Beginner Jiu-Jitsu 8:30pm – 9:30pm Gym 4 Jiu-Jitsu (Int-Adv)	7:00pm – 8:30pm Gym 4 Beginner Nogi Jiu-Jitsu 8:30pm – 9:30pm Gym 4 Nogi Jiu-Jitsu (Int-Adv)	7:00pm – 8:00pm Gym 1 Beginner Muay Thai Kickboxing Gym 2 Muay Thai Kickboxing (Int-Adv)	*Muay Thai Fundamentals is broken up into 30 min. technique & 30 cardio/conditioning
8:00pm – 9:00pm Gym 3 Boxing Sparring Gym 2&3 Open Gym**	8:00pm – 9:00pm Gym 1 MMA	8:00pm – 9:00pm Gym 3 Boxing Sparring Gym 2&3 Open Gym**	8:00pm – 9:00pm Gym 1 MMA	7:30pm – 8:30pm Gym 4 Wrestling	†Combat Conditioning classes need to be reserved ahead of time to ensure a spot in the class

WHY CHOOSE DCS?

"I want to build a fun place with positive and encouraging people, a warm environment and an energy like no other. Here, we all come together and push one another to be better individuals while learning fitness and self-defence."

RYAN DIAZ, HEAD INSTRUCTOR

REAL MARTIAL ARTS TRAINING

"I've trained all my life all over the world. I've practiced in all the various styles of martial arts, learned all the drills, and was taught many different ways to execute a punch, kick, elbow, knee, takedown, block, reversal, or submission. I've already made all the mistakes of what not to do so you don't have to. I've lived and continue to pursue the life of a fighter and martial artist. I know what it takes to be the best. I want to offer the best, the most effective, and most REAL training to everyone."

REAL RESPECT

"I believe respect is earned and not given. I do not tell you that you have to bow to me or tell you to call me sensei or master. If you choose to bow out of respect to your instructor, or as a greeting of hello that is of your choosing and not because you are told you have to. Respect amongst each other in the gym is a huge must. All egos will be left at the door, we are equals at DCS is a rule that will be strictly enforced. I want to earn everyone's respect and don't expect it to be given. And the first step to that is respecting everyone that comes in through the doors of DCS."

REAL INSTRUCTORS

"I've taught thousands of students over the course of my training, from all over the world, all walks of life, and of all ages. I've been teaching since the age of 16 and know the most important aspects of being a good coach, trainer, and instructor. What works for me may not work for you. We all have different body types, we're not all the same weight or height, we don't even have the same reach. I find the best techniques and most appropriate methods specifically tailored to each individual. As a result of my world travels I've had the opportunity to learn all these different and new moves and offer them to you. I also understand that positivity is key. The goal of my instructors and I is to make DCS a positive and fun environment. We strive to make people believe in themselves and want them to believe anything is possible."

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FOR FULL CLASS DESCRIPTIONS & INSTRUCTOR BIOS GO TO DIAZCOMBATSPORTS.COM

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747 Gore Ave, Vancouver BC V6A 2Z9

Gym 3&4 (corner of Gore & E Georgia)
711 Gore Ave, Vancouver BC V6A 2Z9

(604) 979-0709

info@diazcombatsports.com

RATES & MEMBERSHIP

DCS BOXING, KICKBOXING & MMA

1 Year Membership	\$125/Month
6-Month Membership	\$150/Month
1-Month Membership	\$200/Month
Add Jiu-Jitsu OR Conditioning	+\$50/Month (or \$10 drop-in per class for DCS Members)
Add Jiu-Jitsu AND Conditioning	+\$75/Month

Striking memberships can be put on hold for a prepaid fee of \$28 per month. Please email info@diazcombatsports to confirm any holds.

CHILDREN'S MEMBERSHIP

1 Year Membership	\$110/Month
6-Month Membership	\$125/Month
1-Month Membership	\$200/Month
Add Back to the Basics (for one Parent)	+\$50/Month

Children's memberships can be put on hold for a prepaid fee of \$28 per month. Please email info@diazcombatsports to confirm any holds.

JIU-JITSU MEMBERSHIP

1 Year Membership	\$125/Month
6-Month Membership	\$150/Month
1-Month Membership	\$200/Month
Add Striking OR Conditioning	+\$50/Month (or \$10 drop-in per class for DCS Members)
Add Striking AND Conditioning	+\$75/Month

Jiu-Jitsu memberships can be put on hold for a prepaid fee of \$28 per month. Please email info@diazcombatsports to confirm any holds.

CONDITIONING MEMBERSHIP

1 Year Membership	\$125/Month
6-Month Membership	\$150/Month
1-Month Membership	\$200/Month
Add Striking OR Jiu-Jitsu	+\$50/Month (or \$10 drop-in per class for DCS Members)
Add Striking AND Jiu-Jitsu	+\$75/Month

Conditioning memberships can be put on hold for a prepaid fee of \$28 per month. Please email info@diazcombatsports to confirm any holds.

DROP-IN (VALID FOR ANY CLASS)

Drop-In Class	\$30
Pre-Paid (10 Classes)	\$20/Class (\$200)
Pre-Paid (20 Classes)	\$18/Class (\$360)

Pre-paid cards are non-transferable/non-refundable and cannot be shared | Passes are valid for purchasers only | Pre-paid cards are valid for 6 months (10 Class) and one year (20 Class) from date of purchase | Pre-paid cards are valid for all programs and any of the classes

PRIVATE TRAINING/PRIVATE GROUP SESSIONS

Private Training	\$40-\$75/30 min	\$80-\$150/60 min
Private Group Sessions	(Inquire Within)	

Cancellation

For 6 Month Memberships it is a 30 day cancellation notice there is a 1 Month Penalty. For a 1 Year Membership it is a 60 day cancellation notice / 2 Month Penalty. Prepaid Classes / Punch Cards are non-refundable and non-transferable. 6 Month Memberships and 1 Year Memberships can be cancelled at anytime by email confirmation. All cancellations must be confirmed by email only.

Hold Policy

Memberships can be put on hold for \$28 per month, or a prorated for \$7 per week. Holds can be applied as long as needed, and must be paid for up front. Requests must be done via email only.

"If you're serious about learning martial arts, this is the place to go."

— Daily Hive



DIAZ COMBAT SPORTS
DCS
VANCITY CHINATOWN

RATES & SCHEDULE

★★★★★

Great teachers, great schedule and great community! Everyone is friendly and encouraging. I've been looking for a gym for a while now, so glad I found DCS! I wish I could go to every class all day every day!

Facebook Review

★★★★★

All the guys at DCS are knowledgeable, personable and humble. There's no attitude and zero intimidating egos when you walk in.

Yelp Review