

MONDAY 6:30-7:30AM	TUESDAY 6:30-7:30AM	WEDNESDAY 6:30-7:30AM	THURSDAY 6:30-7:30AM	FRIDAY 6:30-7:30AM	SATURDAY 9:00-9:45AM
GYM 2 Rise & Shine Kickboxing (Minimum 1 Month Training Required)	GYM 1 Combat Conditioning	GYM 2 Rise & Shine Kickboxing (Minimum 1 Month Training Required)	GYM 1 Combat Conditioning	GYM 2 Rise & Shine Kickboxing (Minimum 1 Month Training Required)	GYM 2 Children's Jujitsu (4-14 years old)
12:00-1:00PM VIP/INTRO ROOM Introductory Kickboxing	9:00-10:00AM GYM 2 Kickboxing (Minimum 1 Month Training Required)	12:00-1:00PM VIP/INTRO ROOM Introductory Kickboxing	9:00-10:00AM GYM 2 Kickboxing (Minimum 1 Month Training Required)	12:00-1:00PM VIP/INTRO ROOM Introductory Kickboxing	9:00-10:00AM GYM 3b Women's Only Jujitsu
12:00-1:00PM GYM 2b Beginner Muay Thai Kickboxing	12:00-1:00PM VIP/INTRO ROOM Introductory Kickboxing	12:00-1:00PM GYM 2b Beginner Muay Thai Kickboxing	12:00-1:00PM VIP/INTRO ROOM Introductory Kickboxing	12:00-1:00PM GYM 2b Beginner Muay Thai Kickboxing	9:45-10:45AM GYM 3a Youth Boxing (5-14 years old)
12:00-1:00PM GYM 2a Int-Adv Muay Thai Kickboxing	12:00-1:00PM GYM 2b Beginner Muay Thai Kickboxing	12:00-1:00PM GYM 2a Int-Adv Muay Thai Kickboxing	12:00-1:00PM GYM 2b Beginner Muay Thai Kickboxing	12:00-1:00PM GYM 2a Int-Adv Muay Thai Kickboxing	10:00-11:30AM GYM 2 Jujitsu (Minimum 3 Month Training Required)
12:00-1:00PM GYM 3a Muay Thai Sparring	12:00-1:00PM GYM 2a Int-Adv Muay Thai Kickboxing	12:00-1:00PM GYM 3a Muay Thai Sparring	12:00-1:00PM GYM 2a Int-Adv Muay Thai Kickboxing	12:00-1:00PM GYM 3a Muay Thai Sparring	10:00-11:00AM GYM 1 Combat Conditioning
12:00-1:30PM GYM 3b Jiujiitsu	12:00-1:30PM GYM 3b Nogi Jiujiitsu	12:00-1:30PM GYM 3b Nogi Jiujiitsu	12:00-1:30PM GYM 3b Nogi Jiujiitsu	12:00-1:30PM GYM 3b Nogi Jiujiitsu	11:5AM-12:15PM GYM 1 Combat Conditioning
12:30-1:30PM GYM 1 Combat Conditioning	12:30-1:30PM GYM 1 Combat Conditioning	12:30-1:30PM GYM 1 Combat Conditioning	12:30-1:30PM GYM 1 Combat Conditioning	12:30-1:30PM GYM 1 Combat Conditioning	12:00-1:00PM VIP/INTRO ROOM Introductory Kickboxing
4:15-5:15PM GYM 1 Fundamentals of Strength & Conditioning	1:30-2:30PM GYM 3a Boxing	1:30-2:30PM GYM 3a Boxing w/ Tariq (Min. 1 Month Training)	1:30-2:30PM GYM 3a Boxing	4:15-5:15PM GYM 1 Fundamentals of Strength & Conditioning	12:00-1:00PM GYM 2b Beginner Muay Thai Kickboxing
4:30-5:15PM GYM 2a Children's Kickboxing (4-6 years old)	4:15-5:15PM GYM 1 Fundamentals of Strength & Conditioning	4:15-5:15PM GYM 1 Fundamentals of Strength & Conditioning	4:15-5:15PM GYM 1 Fundamentals of Strength & Conditioning	4:30-5:15PM GYM 2 Children's Wrestling (5-14 years old)	12:00-1:00PM GYM 2a Int-Adv Muay Thai Kickboxing
4:30-5:15PM GYM 2b Children's Kickboxing (7-9 years old)	4:30-5:15PM GYM 2a Children's Jujitsu (4-6 years old)	4:30-5:15PM GYM 2a Children's Kickboxing (4-6 years old)	4:30-5:15PM GYM 2a Children's Kickboxing (4-6 years old)	4:30-5:15PM GYM 3a Children's Jujitsu (5-14 years old)	12:00-1:00PM GYM 3b Muay Thai Sparring
4:30-5:15PM GYM 3a Children's Kickboxing (10-14 years old)	4:30-5:15PM GYM 2b Children's Jujitsu (7-9 years old)	4:30-5:15PM GYM 2b Children's Kickboxing (7-9 years old)	4:30-5:15PM GYM 2b Children's Kickboxing (7-9 years old)	5:30-6:30PM GYM 1 Combat Conditioning	12:00-1:00PM GYM 3a Beginner Boxing
5:30-6:30PM GYM 1 Combat Conditioning	4:30-5:15PM GYM 2c Children's Jujitsu (10-14 years old)	4:30-5:15PM GYM 3a Children's Kickboxing (10-14 years old)	4:30-5:15PM GYM 2c Children's Jujitsu (10-14 years old)	5:45-6:45PM VIP/INTRO ROOM Introductory Women's Kickboxing	1:00-2:00PM GYM 1 Int-Adv Boxing
5:45-6:45PM GYM 3a Boxing with Manny	4:15-5:15PM GYM 3a Youth Boxing (5-14 years old)	5:30-6:30PM GYM 1 Combat Conditioning	4:15-5:15PM GYM 3a Youth Boxing (5-14 years old)	5:45-6:45PM GYM 2a Beginners Women's Only Kickboxing	1:15-2:15PM GYM 2 Muay Thai w/ Master Song (Minimum 1 month training required)
5:45-6:45PM VIP/INTRO ROOM Introductory Women's Kickboxing	5:30-6:30PM GYM 1 Combat Conditioning	5:45-6:45PM GYM 3a Muay Thai Kickboxing Co-Ed (Minimum 1 Month Training Required)	5:30-6:30PM GYM 1 Combat Conditioning	5:45-6:45PM GYM 2b Int-Adv Women's Only Kickboxing	
5:45-6:45PM GYM 2a Beginners Women's Only Kickboxing	5:45-6:45PM VIP/INTRO ROOM Introductory Women's Kickboxing	5:45-6:45PM VIP/INTRO ROOM Introductory Women's Kickboxing	5:45-6:45PM VIP/INTRO ROOM Introductory Women's Kickboxing	6:00-7:00PM GYM 3a Beginner Boxing	SUNDAY 12:00-1:00PM GYM 2 Muay Thai Kickboxing (Minimum 1 Month Training Required)
5:45-6:45PM GYM 2b Int-Adv Women's Only Kickboxing	5:45-6:45PM GYM 2a Beginners Women's Only Kickboxing	5:45-6:45PM GYM 2a Beginners Women's Only Kickboxing	5:45-6:45PM GYM 2a Beginners Women's Only Kickboxing	6:00-7:30PM GYM 3b Jiujiitsu (All Levels)	12:00-1:00PM GYM 3a Boxing with JY (Minimum 3 Months Training Required)
6:00-7:00PM GYM 3b Beginner / Introductory Jiujiitsu	5:45-6:45PM GYM 2b Int-Adv Women's Only Kickboxing	5:45-6:45PM GYM 2b Int-Adv Women's Only Kickboxing	5:45-6:45PM GYM 2b Int-Adv Women's Only Kickboxing	7:00-8:00PM VIP/INTRO ROOM Introductory Muay Thai Kickboxing	
7:00-8:00PM VIP/INTRO ROOM Introductory Muay Thai Kickboxing	5:45-6:45PM GYM 3a Muay Thai Kickboxing Co-Ed (Minimum 1 Month Training Required)	6:00-7:00PM GYM 3b Beginner / Introductory Jiujiitsu	5:45-6:45PM GYM 3a Muay Thai Kickboxing Co-Ed (Minimum 1 Month Training Required)	7:00-8:00PM GYM 2b Beginner Muay Thai Kickboxing	1:15-2:15PM GYM 3a Boxing Advanced/Competition Team w/ JY
7:00-8:00PM GYM 2b Beginner Muay Thai Kickboxing	6:00-7:00PM GYM 3b Beginner / Introductory Jiujiitsu	7:00-8:00PM VIP/INTRO ROOM Introductory Muay Thai Kickboxing	6:00-7:00PM GYM 3b Beginner / Introductory Jiujiitsu	7:00-8:00PM GYM 2a Int-Adv Muay Thai Kickboxing	
7:00-8:00PM GYM 2a Int-Adv Muay Thai Kickboxing	7:00-8:00PM VIP/INTRO ROOM Introductory Muay Thai Kickboxing	7:00-8:00PM GYM 2b Beginner Muay Thai Kickboxing	6:00-7:00PM GYM 3b Beginner / Introductory Jiujiitsu	7:00-8:00PM GYM 3a Muay Thai Sparring	
7:00-8:00PM GYM 3a Muay Thai Sparring	7:00-8:00PM GYM 2b Beginner Muay Thai Kickboxing	7:00-8:00PM GYM 2a Int-Adv Muay Thai Kickboxing	7:00-8:00PM VIP/INTRO ROOM Introductory Muay Thai Kickboxing	7:00-8:00PM GYM 1 Int-Adv Boxing	
7:00-8:00PM GYM 1a Introductory Boxing	7:00-8:00PM GYM 2a Int-Adv Muay Thai Kickboxing	7:00-8:00PM GYM 3a Muay Thai Sparring	7:00-8:00PM GYM 2b Beginner Muay Thai Kickboxing	7:00-8:00PM GYM 1 Boxing w/ Tariq (Min. 1 Month Training)	
7:00-8:00PM GYM 1b Boxing with Manny	7:00-8:00PM GYM 2a Int-Adv Muay Thai Kickboxing	7:00-8:00PM GYM 1a Introductory Boxing	7:00-8:00PM GYM 2a Int-Adv Muay Thai Kickboxing	7:45-8:45PM GYM 3b Wrestling	
7:00-8:30PM GYM 3b Int-Adv Jiujiitsu	7:00-8:00PM GYM 3a Boxing	7:00-8:00PM GYM 1b Beginner Boxing	7:00-8:00PM GYM 3a Boxing with Manny	8:15-9:15PM GYM 3a Boxing Advanced/Competition Team w/ JY	
8:15-9:15PM GYM 2 Muay Thai w/ Master Song (Minimum 1 month training required)	7:00-8:30PM GYM 3b Int-Adv Nogi Jiujiitsu	7:00-8:30PM GYM 1b Beginner Boxing	7:00-8:30PM GYM 3a Boxing with Manny		
8:15-9:15PM GYM 1 Boxing Advanced/Competition Team w/ Andy	8:00-9:00PM GYM 3a Boxing Sparring	7:00-8:30PM GYM 3b Int-Adv Jiujiitsu	7:00-8:30PM GYM 3b Int-Adv Nogi Jiujiitsu		
	8:15-9:15PM GYM 2 MMA (Minimum 6 months training required)	8:15-9:15PM GYM 2 Muay Thai w/ Master Song (Minimum 1 month training required)	8:00-9:00PM GYM 3a Boxing Sparring		
			8:15-9:15PM GYM 2 MMA (Minimum 6 months training required)		

† Conditioning classes are limited in class size. Missed reservations will incur a \$15 penalty. Cancellations must be made 24hrs in advance.

WE HAVE 160+ CLASSES PER WEEK!!!

★★ **PLEASE NOTE** ★★
Schedule subject to change without notice. For most up-to-date schedule please visit:
DIAZCOMBATSPORTS.COM/SCHEDULE

I WANT TO BUILD A FUN PLACE WITH POSITIVE AND ENCOURAGING PEOPLE, A WARM ENVIRONMENT, AND AN ENERGY LEVEL LIKE NO OTHER!!!

Ryan "The Lion" Diaz

WHY CHOOSE DCS?

"I am a Vancouverite just like you. I grew up in Mount Pleasant in the basement suite of a Vancouver special. DCS started in a small 2-car garage. It was a place for my friends and I to train and workout. That part hasn't changed; I just got a lot more friends now.

It does not matter your age, color, race, religion, gender, physical or mental disability, sex, gender identity and/or expression. Or whatever your goal may be whether it is to meet new people, get stronger, gain confidence, learn self-defence, be active, learn proper technique, to compete or even to just smash some pads. We have something from everyone.

Support local and come join our amazing, positive, encouraging, wonderful, and inclusive family & community by booking a FREE trial today!"

—RYAN DIAZ

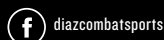
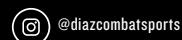
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DCS BOXING & KICKBOXING

1 Year	150 / MONTH
6 Months	175 / MONTH
Monthly	250 / MONTH
Add Jiu-Jitsu OR Conditioning	+ 60 / Month (or \$15 drop-in per class for DCS Members)
Add Jiu-Jitsu AND Conditioning	+ 90 / Month

JIU-JITSU MEMBERSHIP

1 Year	150 / MONTH
6 Months	175 / MONTH
Monthly	250 / MONTH
Add Striking OR Conditioning	+ 60 / Month (or \$15 drop-in per class for DCS Members)
Add Striking AND Conditioning	+ 90 / Month

CONDITIONING MEMBERSHIP

1 Year	150 / MONTH
6 Months	175 / MONTH
Monthly	250 / MONTH
Add Striking OR Jiu-Jitsu	+ 60 / Month (or \$15 drop-in per class for DCS Members)
Add Striking AND Jiu-Jitsu	+ 90 / Month

CHILDREN'S MEMBERSHIP

1 Year	125 / MONTH
Monthly	200 / MONTH
Add Back to the Basics (for one Parent)	+ 60 / Month

DROP-IN (VALID FOR ANY CLASS)

Drop-In Class	35
Pre-Paid (10 Classes)	25 / CLASS (250) Total
1-Week Pass	100 (One Week of Unlimited Classes (Valid during week of purchase only))

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

PRIVATE TRAINING / PRIVATE GROUP SESSIONS

Private Training*	50-90 / 30 MIN 100-180 / 60 MIN
Private Group Session*	(INQUIRE WITHIN)

*Private sessions canceled less than 24hrs in advance will be charged in full. Late arrival for a session will result in reduced session time.

CANCELLATION

6 month memberships - 30-day cancellation / 1-month penalty.
1-year memberships - 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: info@diazcombatsports.com

HOLD POLICY

You can put your membership on hold for \$7 per week (Min. 1 week hold). A specified hold period is required. Holds must be prepaid and requested prior to date of freeze. Alternatively if you get a doctor's note, you can put your membership on hold for no fee for the amount of time stated by the physician. *All holds must be confirmed by email: info@diazcombatsports.com

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