



675 Archibald Street
Winnipeg, MB
204.772.2599
cfcgymwpg@gmail.com
cfcgym.net

SCHEDULE - 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30pm - 5:20pm Kids Kickboxing	4:30pm - 5:20pm Kids Kickboxing	4:30pm - 5:20pm Kids Kickboxing	4:30pm - 5:20pm Kids Kickboxing	-	10:00am - 11:00am Open Mat/ Open Gym
5:30pm - 6:25pm Kickboxing	5:30pm - 6:25pm Boxing	5:30pm - 6:25pm Kickboxing	5:30pm - 6:25pm Boxing	5:30pm - 6:25pm Kickboxing	11:00am - 12:00pm Kickboxing
6:30pm - 8:00pm Advanced Kickboxing & Muay Thai	6:30pm - 7:30pm Youth Boxing	6:30pm - 8:00pm Advanced Kickboxing & Muay Thai	6:30pm - 7:30pm Youth Boxing	6:30pm - 8:00pm Advanced Kickboxing & Muay Thai	12:00pm - 1:00pm Kickboxing & MMA Sparring
-	6:30pm - 7:30pm No-Gi JiuJitsu	-	6:30pm - 7:30pm No-Gi JiuJitsu	-	-
-	7:30pm - 8:00pm MMA Sparring	-	7:30pm - 8:00pm MMA Sparring	-	-

Adult Prices:

\$115/ Month - 12 Month Commitment
\$135/ Month - 6 Month Commitment
\$750 - 6 Month Commitment *(1 Payment)
\$489 - 3 Month Commitment *(1 Payment)
**(3 month membership does not grant
access to the 6:30pm programming)

Children's Prices (*Ages 8-13):

\$105/ Month - 6 Month Commitment

Drop-In Classes

\$40 - Adult, \$30 - Youth *by appointment only

Youth Prices* (Ages 14 - 17):

\$105/ Month - 12 Month Commitment
\$125/ Month - 6 Month Commitment
\$750 - 6 Month Commitment *(1 Payment)
\$459 - 3 Month Commitment *(1 Payment)
**(3 month membership does not grant
access to the 6:30pm programming)

Personal Training:

\$80/ Hour for CFC Gym Members.
\$100/ Hour for Non-CFC Gym Members.

**prices are subject to GST*