



675 Archibald Street  
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## SCHEDULE - 2026

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 - 8:00pm Gi JiuJitsu	6:30pm - 7:30pm No-Gi JiuJitsu	6:30pm - 8:00pm 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  
\$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  
\$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*

\*updated January 12, 2026