



675 Archibald Street
Winnipeg, MB
204.772.2599
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cfcgym.net

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)

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)

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

\$105/ Month - 6 Month Commitment

Personal Training:

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

Drop-In Classes

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

**prices are subject to GST*