



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

SCHEDULE - 2026

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

Adult Prices:

Adult Striking

\$115/ Month - 12 Month Commitment
 \$135/ Month - 6 Month Commitment
 \$489 - 3 Month Commitment *(1 Payment)

Adult BJJ with Striking

\$145/ Month - 12 Month Commitment
 \$165/ Month - 6 Month Commitment
 \$579 - 3 Month Commitment *(1 Payment)

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):

Youth Striking

\$105/ Month - 12 Month Commitment
 \$125/ Month - 6 Month Commitment
 \$459 - 3 Month Commitment *(1 Payment)

Youth BJJ with Striking

\$135/ Month - 12 Month Commitment
 \$155/ Month - 6 Month Commitment
 \$549 - 3 Month Commitment *(1 Payment)

Personal Training

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

**prices are subject to GST*