

YOON'S ATHLIMA

Elite Performance & Martial Arts Training

PRIVATE & SEMI-PRIVATE TRAINING

Result-driven training rooted in the Yoon's Martial Arts School lineage. Integrating strength & conditioning, Brazilian Jiu-Jitsu, Hapkido, urban self-defence, mobility, and performance optimization.

1-HOUR SESSIONS

Single Session: \$130

1x / week – \$500 / month (4 sessions)

2x / week – \$960 / month (8 sessions)

3x / week – \$1,380 / month (12 sessions)

4x / week – \$1,760 / month (16 sessions)

5x / week – \$2,000 / month (20 sessions)

45-MINUTE SESSIONS

Single Session: \$100

1x / week – \$380 / month (4 sessions)

2x / week – \$720 / month (8 sessions)

3x / week – \$1,020 / month (12 sessions)

4x / week – \$1,280 / month (16 sessions)

5x / week – \$1,500 / month (20 sessions)

30-MINUTE SESSIONS

Single Session: \$90

1x / week – \$340 / month (4 sessions)

2x / week – \$640 / month (8 sessions)

3x / week – \$900 / month (12 sessions)

4x / week – \$1,120 / month (16 sessions)

5x / week – \$1,300 / month (20 sessions)

GROUP & CORPORATE TRAINING

Duration	Rate / Hour	Total
1 Hour	\$185	\$185
2 Hours	\$180	\$350
3 Hours	\$175	\$495
4 Hours	\$170	\$620

5 Hours	\$165	\$725
6 Hours	\$160	\$840
7 Hours	\$155	\$945
8 Hours	\$150	\$1,040

BRAZILIAN JIU-JITSU GROUP CLASSES (Youth–Adults)

Tuesday & Thursday – 7:00 PM

Saturday – 10:15 AM

Monthly Fee: \$135

- Sessions may be shared with a partner at no extra cost
- In-home training: additional \$30 fee
- All sessions must be used within a 4-week period unless otherwise arranged



