

2020 MAFIA WRESTLING

PRESEASON/SUPER 32 PREP CLASS



Practice Every Tue/Thur at 5:30pm

Starts August 18th (8 week class)!

Charleston Self Defense and MMA/Mafia Wrestling

428 Red Bank Road Goose Creek, SC 29445

- **Get Ready for the Upcoming Season**
- **Work on Technique and Conditioning**
- **Prep for Super 32/I-64 Challenge**
- **Drill Intensive Classes**
- **Plenty of Live Wrestling!**



Matt Rudy
Head Coach
2X All American

Cost: ONLY \$129 (\$149 if you register after 8/31/19)

Class is limited to only 30 wrestlers. Register at

www.trackwrestling.com. For more info call

843.343.3555 or email davidmaningding@yahoo.com.

