

# **2021 POSTSEASON TRAINING PROGRAM**

## **Advanced Wrestlers Only - 2+ Years Experience**



**Starts April 5th!**

**Practices Every Mon/Thur at 6:15pm**

*Charleston Self Defense and MMA*

*Mafia Wrestling*

*428 Red Bank Road Goose Creek, SC 29445*

**10 Week Intensive Program**

**Work on Technique and Conditioning**

**Train for Upcoming Freestyle Tourneys**

**Drill Intensive Classes**

**Plenty of Live Wrestling!**



**Cost: ONLY \$99!** (\$119 if you register after 4/5/21)

**Class is limited to only 30 wrestlers.** Register at

[www.trackwrestling.com](http://www.trackwrestling.com). For more info call/text

843.343.3555 or email [mafiawrestling@yahoo.com](mailto:mafiawrestling@yahoo.com).