



TOUGH AND HEALTHY

MARTIAL ARTS CLUB

BROCHURE

SERVICES

- ◆ MARTIAL ARTS
- ◆ FITNESS
- ◆ HEALTH CARE



CLASSES OFFERED

FITNESS

- ◆ YOGA
- ◆ SHREDDING/
BODY TONE
- ◆ COMBAT
FITNESS

MARTIAL ART

- ◆ TRADITIONAL
SHAOLIN KUNG-FU
- ◆ KICK BOXING
- ◆ SELF DEFENSE
- ◆ WEAPONS
TRAINING

HEALTH CARE

- ◆ TAI CHI / QI GONG
- ◆ ARTHRITIS
- ◆ ANXIETY DISORDER
- ◆ HYPERTENSION
- ◆ ASTHMA

OVER 20 YEARS OF EXPERIENCE



World Champion, Coach,
38th generation Shaolin disciple.



African Champion, National
coach, 5th Duan Blackbelt

TUITION

MEMBERSHIP PACKAGE (N120,000) includes:

- Registration fee: N20,000
- Club Uniform + Warrior Headband: N30,000
- Monthly Subscription: N50,000
- Membership card: N20,000



DAILY SUBSCRIPTION (Walk-ins) - Cost: N20,000 per session

TRAINING SCHEDULE

CLASSES EVERY SATURDAY

4PM - 8PM

2 HOURS PER CLASS



BENEFITS

- ◆ Expert martial arts training every week for kids and adults.
- ◆ Club-provided uniform and warrior headband.
- ◆ Access to club facility and equipment.
- ◆ Discounted club workshops and luxury retreats.
- ◆ Membership ID cards with exclusive perks.



CONTACT US

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...Building lives and inspiring nations

www.toughunlimited.com