

**850-763-1234**

1013 W. 15th Street  
Panama City, FL 32401



**LMAFL.COM**



Mixed Martial Arts Program for Teen/Adults

Earn your Black Belt in the Worldwide ATA. Receive weekly training in a variety of subjects including Taekwondo, Kick Boxing, Krav Maga, Weapons, and more. Tournament Competition is Available to all Ranks. This is our most popular program!

**KICKBOXING** You don't have to be a UFC Fighter to train like one. These sessions will get you in fighting shape with Beginner to Advanced training circuits and combative drills.

**INSTRUCTORS** Our Nationally Certified Instructors have a combined experience of over 60 years in Martial Arts; holding World Champion Titles in Point Fighting, Forms, Weapons, and Xtreme Martial Arts. Our Chief Instructor Master Jason McCranie, is a 6th Degree Black Belt and ATA World Champion with over 30 years experience. Master McCranie's MMA experience includes training with UFC Champions such as Chuck Liddell, Fabricio Werdum, Matt Hughes, Andre Arlovski, Fedor Emeilianko, and more.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>New Members</b> Teen/Adults	7:30—8:30	7:00pm		7:00pm		KICK BOXING 9:30am
<b>Orange-Black Belts</b> Teen/Adults	7:30—8:15	7:30—8:15	<b>Leadership</b> Family Class 5:15-6:00	7:30—8:15		KICK BOXING 9:30am

**You don't have to be a UFC Fighter to Train like one..**

Fitness, Self Defense, Competitions.. Whatever your Goals are, come Join our Team and Let us help you reach a higher level of Self Confidence & Discipline through Martial Arts training. Go online at [www.lmafl.com](http://www.lmafl.com) or Call Today at **850-763-1234** and take advantage of our VIP Trial Membership. You have nothing to lose, and everything to Gain.

We hope to see you on the Mat soon!

**Master J. McCranie**  
Owner/Chief Instructor