



Pro-ex Wrestling Off season wrestling

Contact Coach
Izzy Medina
at 516-697-5564
Proexwrestling@yahoo.com



130lbs and below Monday and

Wednesday 7:45pm

135lbs and above

Tuesday Thursday

7:45pm

All ages and weights Sunday

10:45

Price \$140 monthly

Maxum Bjj
2995 Sunrise Hwy
Islip Terrace NY 11752

GIRLS ONLY WRESTLING CLUB



CALL COACH IZZY
FOR DETAILS
516-697-5564

LOCATED
AT MAXUM BJJ
2995 SUNRISE HWY
ISLIP TERRACE

