



COME TRAIN WITH CHAMPIONS

DREAM ART CONROE



[@DREAMART.CONROE](https://www.instagram.com/dreamart.conroe)

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OUR SCHEDULE

MONDAY

6-7 AM
AM ADULTS BJJ
5:15-6 PM
LITTLE KIDS
6-7PM
BIG KIDS / MUAY THAI
7-8PM
ADULTS BJJ

TUESDAY

12-1 PM
AM ADULTS BJJ
5:15-6 PM
LITTLE KIDS
6-7PM
BIG KIDS / MUAY THAI
7-8PM
ADULTS BJJ / COMP KIDS

WEDNESDAY

6-7 AM
AM ADULTS BJJ
5:15-6 PM
LITTLE KIDS
6-7PM
BIG KIDS / MUAY THAI
7-8PM
ADULTS NOGI BJJ

THURSDAY

12-1 PM
ADULTS BJJ
5:15-6 PM
LITTLE KIDS
6-7PM
BIG KIDS / MUAY THAI
7-8PM
ADULTS BJJ/KIDS COMP

FRIDAY

6-7 AM
AM ADULTS BJJ
5:15-6 PM
ONLY WOMEN CLASS
6-7PM
BIG KIDS / MUAY THAI
7-8PM
ADULTS NOGI BJJ

SATURDAY

12-2 PM
KIDS COMPETITION CLASS

SUNDAY

12-2 PM
OPEN MAT



\$145
KIDS

\$165
ADULTS

\$345
FAMILIES

OUR PRICING

BENEFITS OF MARTIAL ARTS



SELF-DEFENSE



DISCIPLINE



CONFIDENCE BOOST



HARD WORK



LONG LASTING FRIENDSHIPS