

# IZZYS

*Heavyweight Boot camp*

## 2 Convenient Locations & Times

**Location:** *Freeport High School*

**Dates & Times:** **Mondays & Wednesdays**  
**4:30pm – 6:00pm.**

**Location:** *Maxum BJJ in Bohemia*

**Dates & Times:** **Tuesdays & Thursdays**  
**5:30pm – 7:00pm**

Sessions Will Run Through The Summer

**Price: \$125 Per Month** (based on 4 weeks per month)

Make Checks Payable To Israel Medina

**\*In Addition There Will Be 2 Open Mat sessions On  
Alternating Sundays At The Bohemia Location At No  
additional Cost!! That's 10 sessions per Month!**

**Contact Izzy Medina At (516) 697-5564**

**[coachizzyhere@yahoo.com](mailto:coachizzyhere@yahoo.com)**

You Can't wrestle like a true heavyweight if you aren't a heavyweight. Many coaches teach wrestling but not all can teach heavyweight wrestling successfully.