

## Martial Arts

Age Requirements

5-22

,

18 and over

Available 24/7

No

Family

Yes

Intake Contact Email

JB.Mongrel@gmail.com

Intake Process

Visit anytime. Call or visit the website for information.

Self Refer

Yes

Mongrel Fitness

Main

(804) 794-5080

1137 Alverser Drive

23113 VA

United States

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Classes include both youth and adult karate and martial arts with special programs for children. In addition to American Free-Style Karate, Mongrel Fitness features classes in Kickboxing Fitness and Self Defense.

They ensure that each student receives a program of study that is challenging,

rewarding, promotes physical fitness and builds self esteem.

Bootcamp style class is designed to help with endurance, mobility and functional strength.

Staff is committed to providing a safe and comfortable environment for family members of all ages. Anyone is welcome to visit at any time including class sessions.

Service Area(s)

Chesterfield County

,

Henrico County

,

Powhatan County

,

Richmond City