

BRAZILIAN JIU JITSU

Beginners Class: M – F / 5-6PM
Advanced Class: M – F / 6-7PM
Competition Team: M – F / 7-8PM

TAEKWONDO

Wed & Fri / 5-6PM

Hard Drive Performance Center
712 3rd Ave SE, Cedar Rapids, IA 52403
Phone: 319-200-4551
Email: info@harddrivemma.com
Website: www.harddriveperformance.com
Wrestling Website: www.hdwrestlingclub.com



KICKBOXING

Beginners Class: M – F / 6-7PM
Advanced Class: M – F / 7-8PM

30 FOR 30

(Coming in Oct watch our
website & Facebook page
for the details)

YOUTH WRESTLING

Beginners Class: M, W, TH / 5:30-6:30PM
Advanced Class: M, W, TH / 6:30-8:00PM



Account Maintenance

Mindbody App or www.mindbody.com

Apparel: SquadLocker

www.squadlocker.com

Find your store: Hard Drive Performance

Find your store: Hard Drive Wrestling Club

Websites:

Performance Center: www.harddriveperformance.com

Wrestling: www.hdwrestlingclub.com

The Predicament: www.thepredicament.com