



★ Boston's Premiere Muay Thai & MMA Academy ★ SINCE 1996 ★  
★ MUAY THAI ★ MIXED MARTIAL ARTS ★ FIGHT TRAINING ★ BRAZILIAN JIU JITSU ★

September 2010

# NEWSLETTER

## NEW CLASSES ADDED

Monday @ 5pm: Judo Fundamentals

Tuesday @ 5pm: Strength & Conditioning

Wednesday @ 5pm: Open Gym

Thursday @ 5pm: Wrestling

Friday @ 5pm: Boxing

Saturday @ 1pm: Strength & Conditioning

CHECK OUT THE ENTIRE NEW SCHEDULE

## PRESSOR KEVIN LANDRY BJJ BLACK BELT

SITYODTONG IS PLEASED TO ANNOUNCE THE ADDITION OF PROFESSOR KEVIN LANDRY. PROF. KEVIN RECEIVED HIS BJJ BLACK BELT FROM RENZO GRACIE. HE HAS BEEN PRACTICING BJJ FOR 16 YEARS. HE OWNS THE RENZO GRACIE

Thanks to everyone who visited our booth at the UFC Fan Expo.





ACADEMY IN EXETER, NEW HAMPSHIRE.

PROF. KEVIN WILL BE TEACHING GI JIU-JITSU CLASSES HERE AT SITYODTONG ON TUESDAY & THURSDAY NIGHTS AT 6 & 7.

BE SURE TO CHECK OUT ON OF HIS CLASSES, WE ARE SURE YOU WILL BE HOOKED.

**WELCOME PROFESSOR**

**WEDDING BELLS**



SITYODTONG TRAINER JAKE STEINMANN IS MARRING HIS LONGTIME GIRLFRIEND EMILY ON SUNDAY OCTOBER 3, 2010.

**SOCIAL NETWORKING**

SITYODTONG TRAINER KEVIN COLLINS IS ALSO GETTING MARRIED ON SUNDAY OCTOBER 3, 2010 TO HIS GIRLFRIEND SARAH.

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SITYODTONG FIGHTER JOHN "LUDA" CUMPER WILL BE GETTING MARRIED ON FRIDAY OCTOBER 15, 2010 TO HIS GIRLFRIEND TONYA.

**Newsletter Signup**

GOOD LUCK TO ALL THE NEW COUPLES & CONGRATULATIONS