

# TRIBE ATHLETIC CLUB

PREMIER JIU JITSU TRAINING IN LAGUNA HILLS, CA!

START TODAY FOR FREE!

## WELCOME TO TRIBE ATHLETIC CLUB



Welcome to Tribe Athletic Club in Laguna Hills, California. We're a family of athletes united by our shared passion for training. Our community is driven by the spirit of teamwork, both in and out of martial arts training. While you build your competitive spirit and character, we help you carve out a successful future through comprehensive martial arts training. Our program isn't solely rooted in Jiu Jitsu, but a balance between self-defense, MMA, and wrestling. Whether through our community social events or training with your teammates and peers, Tribe Athletic Club ensures you'll find a home away from home on the mat.

### KIDS FREE 30 MINUTE PRIVATE LESSON!

Start your kids martial arts journey with a free, no-obligation 30-minute private lesson. Get a taste of what Tribe Athletic Club has to offer and see how we can help you reach your goals!

SIGN UP!



PROGRAMS

SCHEDULE

MEMBERSHIPS

### LEARN MORE ABOUT US:



#### About Us:

At Tribe Athletic Club, our mission is to create a welcoming and inclusive environment where individuals and families can come together to improve their physical fitness, mental well-being, and personal growth. We are dedicated to fostering strong community and family bonds through our comprehensive martial arts and fitness programs. Our focus is on providing high-quality instruction, promoting respect and discipline, and encouraging a supportive atmosphere where everyone can thrive. We believe in the power of community to inspire and uplift others. Every day we strive to be a place where people of all ages and backgrounds can connect, grow, and achieve their fullest potential through martial arts and fitness.

#### Our History:

The founder of Tribe Athletic Club is Amanda Brown, PhD, RD, CSCS. With 10 years of martial arts coaching experience, Amanda and her family have led one of the premier youth development programs in the country. Her students have held National and Pan American rankings in Jiu Jitsu, MMA and wrestling. Amanda opened Tribe Athletic Club in Summer 2024, with goals to provide a comprehensive martial arts curriculum in Orange County. Moving forward, Amanda is driven by a passion for providing her students with the tools for a successful future. Amanda holds several IBJJF titles including 2X Masters World Champion, 2X Masters Pan American Champion, and Masters National Champion.

### FAMILY DISCOUNT!

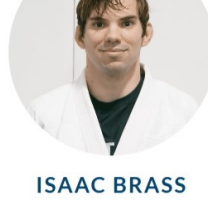
The more, the merrier! Get the whole family involved with our special discount - additional members train for just \$125/month. Perfect for families of all ages.

SIGN UP!

### MEET THE TRIBE ATHLETIC CLUB TEAM



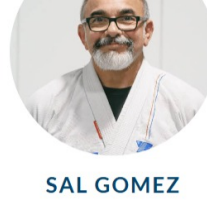
AMANDA BROWN  
OWNER & HEAD INSTRUCTOR



ISAAC BRASS  
KIDS INSTRUCTOR



JON FRANK  
ADULTS & KIDS INSTRUCTOR



SAL GOMEZ  
ADULT INSTRUCTOR

### CLASS SCHEDULE!

Stay up to date on class times! Contact us if you have any questions about our classes.

VIEW SCHEDULE

### LEARN MORE ABOUT OUR PROGRAMS

#### Building Strong, Well-Rounded Students from Age 4 and Up!

Tribe Athletic Club offers a comprehensive martial arts and fitness program for kids as young as 4 years old. We instill students with valuable skills and character traits that carry over into school, work, and adulthood. Our combination of self-defense, MMA, and wrestling builds well-rounded students who are strong and competition-ready. Join the tribe and experience a journey of self-improvement today.



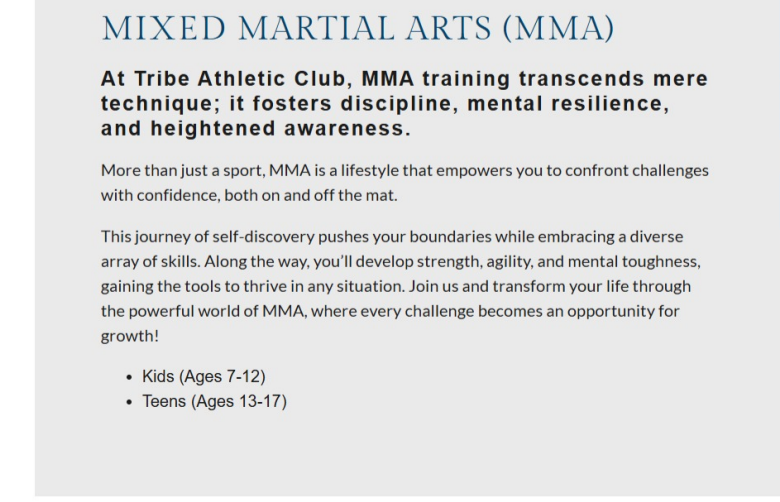
#### JIU JITSU (GI & NO GI)

At Tribe Athletic Club, we offer a dynamic Jiu Jitsu training experience in both Gi and No-Gi formats.

Our classes welcome practitioners of all levels, from beginners to seasoned athletes. Whether you're looking to enhance your self-defense skills, compete in tournaments, or simply enjoy a challenging workout, our BJJ program has something for everyone.

With an emphasis on technique, strategy, and physical conditioning, our skilled instructors guide you in developing a well-rounded skill set. Join us and immerse yourself in the exciting world of Jiu Jitsu, where tradition meets innovation every step of the way!

- Kids (Ages 4-12)
- Teens (Ages 13-17)
- Adults (Ages 18+)



#### MIXED MARTIAL ARTS (MMA)

At Tribe Athletic Club, MMA training transcends mere technique; it fosters discipline, mental resilience, and heightened awareness.

More than just a sport, MMA is a lifestyle that empowers you to confront challenges with confidence, both on and off the mat.

This journey of self-discovery pushes your boundaries while embracing a diverse array of skills. Along the way, you'll develop strength, agility, and mental toughness, gaining the tools to thrive in any situation. Join us and transform your life through the powerful world of MMA, where every challenge becomes an opportunity for growth!

- Kids (Ages 7-12)
- Teens (Ages 13-17)



### WHAT PEOPLE ARE SAYING...

"I've personally trained with Amanda there, and I really feel so amazing after training. She knows how to give focused exercises based on your pace, etc."

SANAR.  
★★★★★GOOGLE



### CONTACT US TODAY!

Tribe Athletic Club invites nearby cities including Lake Forest and Laguna Hills to practice martial arts in Laguna Hills, California. Join us in the Lakeside Business Center today!

(812) 548-7423  
info@tribeathleticclub.com  
23042 Alcalde Drive, Suite E, Laguna Hills CA, 92653  
Get Directions

NAME \*  
Type here

EMAIL \*  
Type here

PARENT/GUARDIAN NAME & INFO \*IF MEMBER IS UNDER 18\* (Optional)  
Type here

PHONE NUMBER \*  
+1 201-555-0123 SMS OPT-IN

By opting in to SMS, the person agrees to receive announcements and billing alerts from Tribe Athletic Club. Standard messaging rates may apply. Messaging cadence may vary. Reply STOP to opt out.

SUBMIT



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## MEMBERSHIPS & SPECIAL OFFERS

At Tribe Athletic Club, we prioritize your success by providing exclusive deals and promotions that elevate your training experience.

Whether you're an experienced practitioner or just starting out, our memberships are designed to enhance your skill development and help you achieve your goals. Choosing Tribe Athletic Club as your training partner is an excellent decision, and we are excited to help you unlock your full potential on and off the mat.

As you embark on this journey, our dedicated team is here to guide you every step of the way. Explore our Memberships & Offers to discover how we go above and beyond for our students!

GET STARTED FOR FREE!

## LEARN MORE ABOUT OUR MEMBERSHIPS & OFFERS

### Right now, you can take advantage of our Free Private Lesson offer!

This opportunity lets you dive into a personalized training session with one of our experienced instructors, completely free of charge. Experience firsthand the exceptional guidance from our dedicated team as you explore the fundamentals of martial arts.

Connect with your encouraging classmates and discover how training at Tribe Athletic Club can positively impact your life. You'll learn foundational techniques in Jiu Jitsu, MMA, and Wrestling while building confidence, discipline, and resilience. These skills extend beyond the mats and into your everyday life. Don't miss this chance to explore a new passion and see how martial arts can transform you or your child!



## MONTH-TO-MONTH MEMBERSHIP

Sign up today and enjoy a flexible, membership for only \$165 per month—an ideal way to commit to your growth!

With access to a wide range of classes, including Jiu Jitsu and MMA, our experienced instructors are dedicated to helping you develop your skills in a supportive community. This membership offers more than just classes; it's an opportunity to invest in yourself and embark on a transformative journey toward achieving your martial arts goals!

SIGN UP!

## KIDS FREE PRIVATE LESSON

Take advantage of our Free Private Lesson for Kids offer today!

Experience personalized training with one of our expert instructors, completely free of charge. This session allows you to explore foundational techniques in Jiu Jitsu and MMA while gaining confidence and insight into our welcoming community. It's the perfect opportunity to discover how martial arts can positively impact your life!

SIGN UP!



## FAMILY DISCOUNT

We believe that families who train together, grow together!

Enjoy our Family Discount, where each additional family member can join for just \$125 per month. This offer fosters a strong family bond while helping everyone in the household improve their self-defense skills and fitness. Share the journey of martial arts with your loved ones and create lasting memories together at Tribe Athletic Club!

SIGN UP!



## MILITARY & FIRST RESPONDER DISCOUNT

At Tribe Athletic Club, we proudly offer a special discount for our military and first responder heroes at just \$125 per month.

This exclusive rate reflects our gratitude for your service and commitment to community. Enjoy full access to all our classes and programs, allowing you to enhance your skills while connecting with fellow athletes. Join us and experience the supportive environment that empowers you to excel!

SIGN UP!



## CLASS SCHEDULE!

Stay up to date on class times! Contact us if you have any questions about our classes.

VIEW SCHEDULE

## ARE YOU INTERESTED IN LEARNING MORE ABOUT TRIBE ATHLETIC CLUB?

At Tribe Athletic Club in Laguna Hills, California, we believe in the transformative power of martial arts training. Our welcoming environment fosters personal growth and confidence, allowing you to thrive both on and off the mat.

With programs for all ages, including Kids and Adults, Jiu Jitsu and MMA, we ensure that everyone can find their path to success in martial arts. Our dedicated instructors provide tailored guidance to help you master essential techniques and develop strong self-defense skills, promoting physical fitness and mental resilience.

Join us at Tribe Athletic Club, where every class is an opportunity to elevate your fitness and unleash your full potential. Experience the camaraderie and encouragement that come from training alongside like-minded individuals in our supportive community. Whether you're a beginner or an advanced practitioner, our facility in Laguna Hills is the perfect place to enhance your skills and embark on a rewarding journey in martial arts. We're excited to support you on your path to success!



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## CLASS SCHEDULE

We provide comprehensive martial arts training for all ages and skill levels, including Kids and Adults Jiu Jitsu, MMA, and Wrestling.

Our programs focus on strengthening self-defense skills, enhancing physical fitness, and building a supportive, family-oriented community. With expert coaches and a welcoming environment, Tribe Athletic Club is the ideal place to begin or elevate your martial arts journey.

We offer personalized guidance, flexible class options, and a tailored approach to help you grow with every session. Step onto the mats and unlock your potential—we can't wait to train with you!

[DOWNLOAD SCHEDULE](#)

## ABOUT OUR CLASS SCHEDULE

Find all the details about our class schedule here, including times, dates, and locations. We offer a variety of classes throughout the week, including both Gi and No Gi sessions.

Our classes suit all skill levels, from beginners to advanced practitioners. Each session is designed to help you grow. Our experienced instructors are dedicated to guiding you toward your goals every step of the way. We update our schedule regularly, so check back often for the latest changes. If you have any questions, feel free to contact us. We're always happy to assist. We look forward to seeing you on the mat!

**23042 Alcalde Dr  
Suite E  
Laguna Hills, CA**

[www.tribeathleticclub.com](http://www.tribeathleticclub.com)  
[info@tribeathleticclub.com](mailto:info@tribeathleticclub.com)

**Ages 4+**

MON	TUES	WED	THUR	FRI	SAT	SUN
Level 1 Kids Gi Jiu Jitsu <b>4 - 5</b>	Level 1 Kids NoGi Jiu Jitsu <b>4 - 5</b>	Level 1 Kids Gi Jiu Jitsu <b>4 - 5</b>	Level 1 Kids NoGi Jiu Jitsu <b>4 - 5</b>	Level 1 Kids Gi Jiu Jitsu <b>3:30 - 4</b>	Members Open Mat <b>10:30a - 11:30</b>	Closed
Level 2 Kids Gi Jiu Jitsu <b>4:45 - 5:45</b>	Level 2 Kids NoGi Jiu Jitsu <b>4:45 - 5:45</b>	Level 2 Kids Gi Jiu Jitsu <b>4:45 - 5:45</b>	Level 2 Kids NoGi Jiu Jitsu <b>4:45 - 5:45</b>	Level 2 Kids Gi Jiu Jitsu Comp Drills <b>4 - 5</b>		
	7+ year olds MMA <b>5:45 - 6:45</b>		7+ year olds MMA <b>5:45 - 6:45</b>	7+ year olds MMA <b>5 - 6</b>		
Adults Gi Jiu Jitsu <b>6:00 - 7:15</b>	Adults Gi Jiu Jitsu Fundamentals <b>6:00 - 7:15</b>	Adults Gi Jiu Jitsu <b>6:00 - 7:15</b>	Adults Gi Jiu Jitsu Fundamentals <b>6:00 - 7:15</b>			

## MILITARY & FIRST RESPONDER DISCOUNT!

We're proud to offer military and first responders an exclusive rate of \$125/month. Train with us and join a community that values your service.

[SIGN UP!](#)

## TRIBE ATHLETIC CLUB GET STARTED TODAY

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[info@tribeathleticclub.com](mailto:info@tribeathleticclub.com)  
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