



# WRESTLING ACADEMY OF LOUISIANA

## Year-round Wrestling Facility for All Ages!

The Wrestling Academy is a program that operates year-round for kids and adults of all ages and all experience levels. We offer classes for those as young as four-years-old through adults, from beginners to high-level athletes. Our mission is to use the sport of wrestling as a tool to develop great leaders within the community. Check us out online, or stop by and watch a class!



Year-round  
Wrestling Training

Fundamentals  
Classes

All Ages and  
Experience Levels

Strength &  
Conditioning

Personal Training

Competitions

Camps & Clinics

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