



MID CITIES

A HARDCORE TRAINING FACILITY

1820 RELIANCE PKWY • BEDFORD, TEXAS 76021 • 817-266-8082

GRAND OPENING

SATURDAY DEC 11TH 1-10PM

Benefiting the HEB Family Support Service Office

FREE REFRESHMENTS AND HOURLY RAFFLE DRAWINGS

Some items to be included:

- Bas Rutten Bobbleheads
- HDNet Pens
- HDNet Hats
- 1 FREE Personal Training Package
- HDNet T-Shirts
- 1 FREE Month Membership



ALL ON THE LINE METROPLEX WRESTLING EVENT

8-MAN LADDER MATCH BETWEEN GENESIS AND TEAM MPX

DOORS OPEN 7:30PM BELL RINGS 8:00PM

ADULTS \$8 CHILDREN \$5 (UNDER 12)

www.metroplexwrestling.com

METROFLEX MIDCITIES

PERSONAL TRAINING

BRAZILIAN JIU JITSU

CROSSFIT TRAINING

BOXING

KICKBOXING

KRAVA MAGA

NO CONTRACTS! NO HIDDEN FEES!

www.MetroflexMidcities.com

www.facebook.com/MetroflexMidcities



The mission of the HEB Family Support Service Office is to identify and improve the lives of homeless and at-risk families in the Hurst-Euleless-Bedford ISD



AT&T U-verse

CHANNEL 1105

PART OF THE U450 PACKAGE