



GLOBAL MMA

MARTIAL ARTS • FITNESS • MORE

GYM SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:30 AM	MUAY THAI ALL LEVELS		MUAY THAI ALL LEVELS		MUAY THAI ALL LEVELS		CLOSED
10:00 AM						CARDIO SMASH COMING SOON	
11:00 AM		MUAY THAI		MUAY THAI		MUAY THAI	
12:00 PM	CARDIO SMASH	BJJ (NO-GI)	CARDIO SMASH	BJJ (NO-GI)		OPEN SPAR	
4:30 PM	KIDS MMA COMING SOON		KIDS MMA COMING SOON				
5:00 PM	TEENS MMA COMING SOON		TEENS MMA COMING SOON				
6:00 PM	MUAY THAI ALL LEVELS	PADS & BAGS	MUAY THAI ALL LEVELS	PADS & BAGS	MUAY THAI ALL LEVELS		
7:00 PM	BJJ (NO-GI)	AMATURE MUAY THAI	BJJ (NO-GI)	AMATURE MMA			
8:00 PM		PRO MMA COMING SOON		PRO MMA COMING SOON			

TRY ONE WEEK FREE!

NEW CLASS SCHEDULE STARTS DECEMBER 1ST, 2025

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