



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							
11:00 AM		MUAY THAI ALL LEVELS		MUAY THAI ALL LEVELS		MUAY THAI ALL LEVELS	
12:00 PM	MUAY THAI ALL LEVELS		MUAY THAI ALL LEVELS			OPEN SPAR	
4:00 PM							
5:00 PM	YOUTH (AGES 9-13)		YOUTH (AGES 9-13)				
6:00 PM	MUAY THAI ALL LEVELS	MUAY THAI ALL LEVELS	MUAY THAI ALL LEVELS	MUAY THAI ALL LEVELS	MUAY THAI ALL LEVELS		
7:00 PM	BJJ (NO-GI)	CARDIO SMA. (A) MMA (B)	BJJ (NO-GI)	CARDIO SMA. (A) MMA (B)			
8:00 PM		PRO MMA COMING SOON		PRO MMA COMING SOON			

TRY ONE WEEK FREE!

NEW CLASS SCHEDULE STARTS JANUARY 5TH, 2026

WWW.GLOBALMMA.NET