



# GLOBAL MMA

MARTIAL ARTS • FITNESS • MORE

## GYM SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
11:00 AM		MUAY THAI/ JIU JITSU		MUAY THAI/ JIU JITSU		MUAY THAI ALL LEVELS/ PAD WORK	CLOSED
12:00 PM						OPEN SPAR	
5:00 PM	YOUTH (AGES 9 -13)						
6:00 PM	MUAY THAI ALL LEVELS/ FIGHTERS PREP	MUAY THAI ALL LEVELS/ PAD WORK	MUAY THAI ALL LEVELS/ FIGHTERS PREP	MUAY THAI ALL LEVELS/ PAD WORK	MUAY THAI ALL LEVELS		
7:00 PM	BJJ (NO-GI)	MMA ALL LEVELS	BJJ (NO-GI)	MMA ALL LEVELS			

**TRY ONE  
WEEK FREE!**

**CURRENT CLASS  
SCHEDULE 2026**

**WWW.GLOBALMMA.NET**