



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						TEENS MMA COMING SOON	
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	TEENS MMA COMING SOON		TEENS MMA COMING SOON				
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)	MMA ALL LEVELS	BJJ (NO-GI)	MMA ALL LEVELS			
8:00 PM		PRO MMA COMING SOON		PRO MMA COMING SOON			

TRY ONE WEEK FREE!

NEW CLASS SCHEDULE STARTS DECEMBER 1ST, 2025

WWW.GLOBALMMA.NET