

Global Mixed Martial Arts Academy - Spring 2018 Schedule at a Glance

Class Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 11:00 a.m.	Open Mat	MMA Conditioning	Cardio Kickboxing	MMA Conditioning	Cardio Kickboxing	MMA Conditioning	
11:00 - 12:00 p.m.		BJJ Basics (Gi)	BJJ Adv. (Gi)	BJJ Basics (Gi)	BJJ Adv. (Gi)	BJJ Basics (No Gi)	Open Mat
12:00 - 1:00 p.m.		Japanese Karate	Dutch Muay Thai	Japanese Karate	Dutch Muay Thai	Japanese Weapons	
1:00 - 2:00 p.m.		LEO/Vet BJJ*	ParaMMA*	Int. Combatives*		Gentle Karate*	
4:30 - 5:30 p.m.		Youth Karate	Family Self Defense*	Youth Karate	Family Self Defense*	Youth Weapons	
5:30 - 6:30 p.m.		Youth Muay Thai	Youth BJJ	Youth Muay Thai	Youth BJJ	Youth MMA	
5:30 - 6:30 p.m.		Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing		
6:30 - 7:30 p.m.		Japanese Karate	MMA Conditioning	Japanese Karate	MMA Conditioning	Open Mat w/ Jason	
6:30 - 7:30 p.m.		BJJ Basics (Gi)	BJJ Adv. (Gi)	BJJ Basics (Gi)	BJJ Adv. (Gi)		
7:30 - 8:30 p.m.		Dutch Muay Thai	Dutch Muay Thai	Dutch Muay Thai	Dutch Muay Thai		
7:30 - 8:30 p.m.		Women Self Defense*	BJJ Adv. (No Gi)		BJJ Adv. (No Gi)		

Training for Youth (Ages 5-13)

Brazilian Jiu Jitsu Program Includes: Youth BJJ, Youth MMA

Youth Muay Thai Program Includes: Youth Muay Thai, Youth MMA

Youth Karate Program Includes: Youth Karate, Youth Weapons

Unlimited: Includes all youth classes

Training for Adults and Older Teens (Ages 14+)

Brazilian Jiu Jitsu Program Includes: BJJ Basics (Gi), BJJ Adv. (Gi), BJJ Basics, No Gi)

Dutch Muay Thai Program Includes: Dutch Muay Thai

Japanese Karate Program Includes: Japanese Karate, Japanese Weapons

MMA Solo Program Includes: MMA Conditioning, Cardio Kickboxing

Unlimited: Includes all adult classes

*Free class through Mat Life Foundation, Inc. Contact carly@globalmmaacademy.com for more information.