

WHEN WE TRAIN AT GLOBAL MMA

YOUTH TRAINING FOR AGES 5-13

MONDAY CLASSES

3:30P BUSHIDO FOR KIDS
4:30P JAPANESE KARATE
5:30P MUAY THAI

TUESDAY CLASSES

3:30P INTRO JAPANESE
4:30P JAPANESE JU JITSU
5:30P BRAZILIAN JU JITSU

WEDNESDAY CLASSES

2:30P MARTIAL MUSIC
3:30P MARTIAL HISTORY
4:30P JAPANESE KARATE
5:30P MUAY THAI

THURSDAY CLASSES

3:30P LIFE SKILLS
4:30P JAPANESE JU JITSU
5:30P BRAZILIAN JU JITSU

FRIDAY CLASSES

3:30P INTRO PORTUGUESE
4:30P JAPANESE WEAPONS
5:30P YOUTH MMA

ADULT TRAINING FOR AGES 14+

MONDAY CLASSES

10A FIGHT FIT
11A BRAZILIAN JU JITSU
12P JAPANESE KARATE

5:30P CARDIO KICKBOXING
6:30P JAPANESE KARATE
6:30P BRAZILIAN JU JITSU
7:30P MUAY THAI

TUESDAY CLASSES

10A CARDIO KICKBOXING
11A BRAZILIAN JU JITSU
12P MUAY THAI OPEN MAT

5:30P CARDIO KICKBOXING
6:30P DEFENSE FIT
6:30P BRAZILIAN JU JITSU
7:30P NO GI BJJ
7:30P MUAY THAI

WEDNESDAY CLASSES

10A FIGHT FIT
11A BRAZILIAN JU JITSU
12P JAPANESE KARATE

5:30P CARDIO KICKBOXING
6:30P JAPANESE KARATE
6:30P BRAZILIAN JU JITSU
7:30P MUAY THAI

THURSDAY CLASSES

10A CARDIO KICKBOXING
11A BRAZILIAN JU JITSU
12P MUAY THAI OPEN MAT

5:30P CARDIO KICKBOXING
6:30P DEFENSE FIT
6:30P BRAZILIAN JU JITSU
7:30P NO GI BJJ
7:30P MUAY THAI

FRIDAY CLASSES

10A FIGHT FIT
11A NO GI BJJ
12P JAPANESE WEAPONS

YOUTH KARATE: JAPANESE KARATE, JAPANESE WEAPONS [MWF @ 4:30P] | **YOUTH BRAZILIAN JU JITSU:** BRAZILIAN JU JITSU, YOUTH MMA [TRF @ 5:30P] | **YOUTH MUAY THAI:** MUAY THAI, YOUTH MMA [MWF @ 5:30P] | **YOUTH UNLIMITED:** JAPANESE KARATE, MUAY THAI, JAPANESE JU JITSU, BRAZILIAN JU JITSU, JAPANESE WEAPONS, YOUTH MMA [MTWRF 4:30P-6:30P] | **YOUTH AFTER SCHOOL:** ALL YOUTH UNLIMITED, BUSHIDO FOR KIDS, INTRO TO JAPANESE, MARTIAL MUSIC, MARTIAL HISTORY, LIFE SKILLS, INTRO TO PORTUGUESE [MTRF 3:30P-6:30P, W 2:30P-6:30P] | **ADULT KARATE:** JAPANESE KARATE, JAPANESE WEAPONS [MWF @ 12P, MW @ 6:30P] | **ADULT BRAZILIAN JU JITSU:** BRAZILIAN JU JITSU, NO GI BJJ [MTWRF @ 11A, MTWR @ 6:30P, TR @ 7:30P] | **ADULT MUAY THAI:** TR @ 12P, MTWR @ 7:30P | **ADULT MMA SOLO:** FIGHT FIT, CARDIO KICKBOXING, DEFENSE FIT [MTWRF @ 10AM, MTWR @ 5:30P, TR @ 6:30P] | **ADULT UNLIMITED:** ALL ADULT CLASSES | **CLASS SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.**