

2023 GMA MARTIAL ARTS CLASS SCHEDULE

BRAZILIAN GRACIE JIU-JITSU & MMA

COMMANDO HAPKIDO WING CHUN TAICHI KICKBOXING

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11AM to 1PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
4:00PM TO 4:45PM	GMA WILL OPEN A MORNING GROUP TIME SLOT WITH 6 PEOPLE					
4:00PM TO 5:00PM						
4:45PM TO 5:45PM	KIDS JIUJITSU 7YR TO 12 YRS	OPEN GYM	KIDS JIUJITSU 7YR TO 12 YRS	OPEN GYM	KIDS JIUJITSU 7YR TO 12 YRS	ADULTS MAY ATTEND 10:45
5:45PM TO 7:00PM	ADULT & TEEN JIU-JITSU GI	5PM TO 6PM	ADULT & TEEN JIU-JITSU GI	5PM TO 6PM	ADULT & TEEN JIU-JITSU GI	
6:00PM TO 7:00PM		MMA ADULT 16 YR - UP GMA GEAR REQUIRED		MMA ADULT 16 YR - UP GMA GEAR REQUIRED	FIGHT CLASS GMA GEAR ONLY 6PM TO 7PM	CONDITIONING CLASSES
7:00PM	MMA ADULT 16 YR - UP KICKING BOXING NO GI	OPEN GYM 7PM TO 7:45	MMA ADULT 16 YR - UP KICKING BOXING NO GI	OPEN GYM 7PM TO 7:45	CLOSED 7PM	

TAICHI & WING CHUN

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30AM ROOM 2					TAI CHI	
5:15PM ROOM 2	TAI CHI ADULTS & SENIORS		TAI CHI ADULTS & SENIORS		TAI CHI ADULTS & SENIORS	
6:15PM ROOM 2	WING CHUN TEEN & ADULTS		WING CHUN TEEN & ADULTS		WING CHUN TEEN & ADULTS	

COMMANDO HAPKIDO

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30AM	HAPKIDO ADULTS 45M		HAPKIDO ADULTS 45M		HAPKIDO ADULTS 45M	HAPKIDO ADULTS 45 10:00AM
5:45PM					FIGHT CLASS GMA GEAR REQUIRED 6PM TO 7PM	
7:00PM ADULTS 15 - UP	HAPKIDO 45M	HAPKIDO 45M	HAPKIDO 45M	HAPKIDO 45M		

ALL CLASSES WILL TEACH AND REVIEW REQUIRED TECHNIQUES TO ADVANCE TO YOUR NEXT LEVEL, HAVE FAITH IN THE LEARNING PROCESS. GMA HAS CREATED SOME OF THE TOP BLACK BELTS, SUPERIOR FIGHTERS AND COMPETITORS AT ALL LEVELS. THE WEEKLY FOCUS IS LISTED ABOVE. IT IS IMPORTANT NOT TO MISS CLASSES. YOU WILL NOT ADVANCE TO ANY BELT LEVELS IF YOU DO NOT HAVE ENOUGH CLASS ATTENDANCE CREDITS AND THE REQUIRED SKILLS FOR THAT LEVEL. IF YOU ARE SICK PLEASE CALL THE ACADEMY AND INFORM THE OFFICE OR YOUR INSTRUCTOR.

ONLY GMA GEAR, UNIFORMS IS ALLOWED. PLEASE REVIEW SCHOOL RULES ONLINE.

WEBSITE: www.GMATeam.com OR www.Globalmartialartsusa.com

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