

# 2024 GMA MARTIAL ARTS CLASS SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11AM to 1PM	<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</b>	
4:00PM TO 4:45PM	<b>GMA WILL OPEN A MORNING GROUP TIME SLOT WITH 4 PEOPLE MINIMUM</b>					
4:45PM TO 5:45PM	<b>KIDS JIUJITSU</b> 7YR TO 12 YRS	<b>KIDS JIUJITSU</b> 7YR TO 12 YRS <b>TECHNIQUE CLASS</b>	<b>KIDS JIUJITSU</b> 7YR TO 12 YRS		<b>KIDS GRAPPLING</b> 7YR TO 12 YRS 4:45 TO 5:30	
5:30PM TO 6:30PM		<b>ADULT &amp; TEEN</b> <b>JIU-JITSU GI</b> <b>TECHNIQUE CLASS</b> Positional Grappling				
5:45PM TO 7:00PM	<b>ADULT &amp; TEEN</b> <b>JIU-JITSU GI</b>		<b>ADULT &amp; TEEN</b> <b>JIU-JITSU GI</b>		<b>ADULT &amp; TEEN</b> <b>JIU-JITSU GI</b> 5:30 TO 6:30	
6:30PM TO 7:30PM		<b>MMA / HPK</b> <b>KICKBOXING</b> 14 YR - UP 45 - 60M			<b>FIGHT NIGHT</b> <b>GMA GEAR ONLY</b> 6:30PM - 7:45 <b>OPEN TO ALL STYLES</b>	
7:00PM	<b>MMA / HPK</b> <b>KICKBOXING</b> 14 YR - UP <b>SELF DEFENSE SYSTEM</b> 45 - 60M		<b>MMA / HPK</b> <b>KICKBOXING</b> 14 YR - UP <b>SELF DEFENSE SYSTEM</b> 45 - 60M		<b>CLOSED 8PM</b>	

## TAICHI & WING CHUN

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM 45 Minutes	<b>TAICHI</b> ADULTS & SENIORS		<b>TAICHI</b> ADULTS & SENIORS		<b>TAICHI</b> ADULTS & SENIORS	
9:00AM 45 Minutes		<b>FORMS ONLY</b> TEEN & ADULTS				
9:30 AM 45 Minutes	<b>WING CHUN</b> TEEN & ADULTS		<b>WING CHUN</b> TEEN & ADULTS		<b>WING CHUN</b> TEEN & ADULTS	

## COMMANDO HAPKIDO

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30AM	<b>HAPKIDO / TKD</b> ADULTS 45M		<b>HAPKIDO / TKD</b> ADULTS 45M		<b>HAPKIDO / TKD</b> ADULTS 45M	
6:30PM TO 7:30PM		<b>HAPKIDO /MMA</b> 45-60M				
7:00PM ADULTS 15 - UP	<b>HAPKIDO /MMA</b> 45M		<b>HAPKIDO /MMA</b> 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](http://www.GMATeam.com) OR [www.Globalmartialartsusa.com](http://www.Globalmartialartsusa.com)

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