Gill’s Martial Arts Academy (GMAA)

Weekly Training Schedule

Sunday

Adult JKD–FMA Integration — 10:00 AM – 11:30 AM

Adult JKD–FMA Integration — 12:30 PM – 2:00 PM

Open Mat — 2:00 PM – 3:00 PM

Adult JKD–FMA Integration — 3:00 PM – 4:30 PM

Juego Todo Competition Team — By Invitation / Team Training

Tuesday

Children’s Class (JKD–FMA Integration) — 5:30 PM – 6:30 PM

Kali / Panantukan (Dirty Boxing) (Ages 13 & Up) — 6:00 PM – 7:00 PM

Adult JKD–FMA Integration — 7:00 PM – 8:30 PM

Open Mat — 8:30 PM – 9:00 PM

Thursday

Children’s Class (JKD–FMA Integration) — 5:30 PM – 6:30 PM

Kali / Panantukan (Dirty Boxing) (Ages 13 & Up) — 6:00 PM – 7:00 PM

Adult JKD–FMA Integration — 7:00 PM – 8:30 PM

Open Mat — 8:30 PM – 9:00 PM

Academy Closed

Monday • Wednesday • Friday • Saturday

Age Policy

Ages 14 & up may attend Adult JKD–FMA Integration classes