



MIXED MARTIAL ARTS

SEVERE MMA

Irish MMA Gym of the Year
2022 & 2024

WEEKLY TIMETABLE 2025

MONDAY

- 1:00-2:00 PM NO GI GRAPPLING ALL LEVELS
- 4:00-5:00 PM JUNIOR MMA 5-7 YEAR OLDS
- 5:00-6:00 PM TEEN MMA 13-17 YEAR OLDS
- 6:00-7:15 PM NO GI GRAPPLING FUNDAMENTAL BEGINNERS
- 7:30-9:00 PM NO GI GRAPPLING INTERMEDIATE TO ADVANCED

TUESDAY

- 6:00 -7:00AM BRAZILIAN JIU JITSU
- 4:00-5:00 PM JUNIOR MMA 8-12 YEAR OLDS
- 5:00-6:00 PM BOXING CLASS WITH DONARD MCNALLY
- 6:00-7:30 PM MMA CLASS WITH PAT MCALISTER
- 7:30-9:00PM MMA COMBAT STRIKING CLASS

WEDNESDAY

- 1:00-2:00 PM NO GI GRAPPLING ALL LEVELS
- 4:00-5:00 PM JUNIOR MMA MMA 5-7 YEAR OLDS
- 5:00-6:00 PM TEEN MMA 13-17 YEAR OLDS
- 6:00-7:30 PM MMA TECHNICAL STRIKING WITH LIAM SHANNON
- 7:30-9:00 PM MUAY THAI PADS SESSION

THURSDAY

- 6:00-7:00AM BRAZILIAN JIU JITSU
- 4:00-5:00 PM JUNIOR MMA 8-12 YEAR OLDS
- 6:00-7:30 PM WRESTLING FOR MMA - BEGINNER
- 7:30-9:00 PM WRESTLING FOR MMA - INTERMEDIATE/ADVANCED

FRIDAY

- 11:30-1:30PM FIGHT TEAM PROFESSIONAL STRIKING CLASS **(INVITATION ONLY)**
- 5:00-6:00 PM TEEN MMA 13-17 YEAR OLDS
- 6:00-7:30 PM NO GI GRAPPLING ALL LEVELS
- 7:30-9:00PM BRAZILIAN JIU JITSU

SATURDAY

- 11 AM -12 PM OPEN MAT GRAPPLING

SUNDAY

- 10:30 -11:30AM BEGINNERS SPARRING
- 11:30 - 1:00PM FAI FIGHT TEAM SPARRING

****ALL SPARRING CLASSES MEMBERS ONLY**

MEMBERSHIP COSTS - PAY MONTHLY

- CASUAL COMPETITOR PACKAGE** £70 DIRECT DEBIT / £75 CASH / PAYG £10 PER SESSION
- COMMITTED COMPETITOR PACKAGE** £100 DIRECT DEBIT / £105 CASH / PAYG £10 PER SESSION
- KIDS MMA** £40 DIRECT DEBIT ONLY
- TEEN MMA** £55 DIRECT DEBIT / £60 CASH
- PAY AS YOU GO (ADULT CLASSES)** £10 PER SESSION

Visit our website or social channels for full MMA package descriptions and classes.

All monthly memberships include full use of the gym and strength & conditioning classes.

All classes must be pre booked through our app.

JOIN ONLINE AT WWW.FIGHTACADEMYIRELAND.COM

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