

# Lions MMA Club Phuket

Weekly Class Schedule | 45/28 Soi Ta-iad, Chalong  
WhatsApp +66 97 978 8153 | lionsmmaclubphuket.com

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
08:00	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	-
09:30	-	BJJ Gi / No Gi	-	BJJ Gi / No Gi	-	-	-
11:00	MMA Sparring	MMA Wall Wrestling	BJJ for MMA	Wrestling for MMA	MMA Sparring	Open Mats	-
16:00	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	-
17:30	Kids BJJ	Kids BJJ	Kids BJJ	Kids BJJ	Kids BJJ	-	-
18:00	Boxing	MMA Beginners	Boxing	MMA Beginners	Boxing	-	-
19:00	BJJ Gi / No Gi	BJJ Gi / No Gi	BJJ Gi / No Gi	BJJ Gi / No Gi	BJJ Gi / No Gi	-	-

Hours: Mon-Fri 8:00am-8:00pm | Sat 8:00am-4:00pm | Sun closed | Drop-ins welcome. Privates on request.