UFC Qatar Fight Night Card, Nov. 21, 2026

Prelims and main card times in four US time zones, with a pick for each bout



SATURDAY, NOV. 21

ET	CT	MT	PT	EVENT	WATCH ON	MY PICK
10 a.m.	9 a.m.	8 a.m.	7 a.m.	**UFC Qatar prelims**	Paramount+	
1 p.m.	noon	11 a.m.	10 a.m.	**UFC Qatar main card: Procházka vs. Stirling**	Paramount+	

Eastern Time (ET), Central Time (CT), Mountain Time (MT, Denver; most of Arizona keeps standard time), Pacific Time (PT). Times are converted from the start time the source gives.

My picks

Procházka vs. Stirling _____

Sterling vs. Vallejos _____

Hooker vs. Ortega _____

Horiguchi vs. Almabayev _____

Cannonier vs. Aliskerov _____

Topuria vs. Luna _____

Gaziev vs. Teixeira _____

Albazi vs. Costa _____

Matthews vs. Abdullayev _____

Motta vs. Dom Mar Fan _____

Nurgozhay vs. Lorenz _____

Not yet confirmed

Main event walkout time: Not listed by Paramount+ or ESPN

UK broadcaster: Not confirmed on the pages we read

My notes

Sources: Paramount+, UFC Schedule 2026 (updated Nov. 16, 2026); ESPN, UFC Fight Night: Procházka vs. Stirling (read Nov. 19, 2026). Fight cards are subject to change.