

| John's Creek | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|-------------------|-------------------|-------------------|-------------------|-------------------|--|
| 9am | MMA Blast Workout | | | | | MMA Blast Workout |
| 9:30 am | | MMA Blast Workout | | | MMA Blast Workout | MMA Blast Workout |
| 10am | MMA Blast Workout | | MMA Blast Workout | MMA Blast Workout | | Brazilian Jiu Jitsu All Ages. All Ranks |
| 10:30am | | MMA Blast Workout | | | MMA Blast Workout | |
| 11am | MMA Blast Workout | | MMA Blast Workout | MMA Blast Workout | | |
| 11:30am | | MMA Blast Workout | | | MMA Blast Workout | Muay Thai Adults |
| 12pm | | | MMA Blast Workout | MMA Blast Workout | | TKD Competition Class All Ages. All Ranks |

Closed 2:00p - 3:30p

| | | | | | | |
|--------|----------------|---------|--|---------|---------|----------------------------------|
| 4pm | | | | TKD 3-4 | | CLOSED AT 1:30PM Saturday |
| 4:30pm | TKD 5-7 & 8-11 | TKD 3-4 | | | TKD 3-4 | |

| | | | | | |
|--------|-------------------|-------------------|-------------------|-------------------|-------------------------------|
| 5pm | MMA Blast Workout | TKD 5-7 & 8-11 | TKD 5-7 & 8-11 | MMA Blast Workout | MMA Blast Workout |
| 5:30pm | BJJ 6-11 | | | TKD 5-7 & 8-11 | MMA Blast Workout |
| 6pm | | MMA Blast Workout | MMA Blast Workout | | BJJ No gi All Ages |
| 6:30pm | MMA Blast Workout | MMA Blast Workout | BJJ 6-11 | MMA Blast Workout | |
| 7pm | BJJ Adults | TKD adults | | Muay Thai | Extreme Taekwondo All Ages |
| 7:30pm | | | MMA Blast Workout | | |
| 8pm | TKd adults | Muay Thai | BJJ adults | TKD adults | |

Bday Parties & Events: Time is at Trainer's discretion.

Birthday Party Times

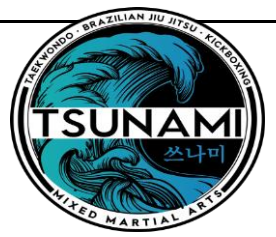
B-day parties are 1.5 hours on Saturday afternoons: Time is at Trainer's discretion.

| Scheduled Holidays |
|---|
| New Year's Eve December 31 |
| New Year's Day Jan 1 |
| Memorial Day Last Monday of May |
| Independence Day July 4 |
| Labor Day First Monday of September |
| Thurs - Sat for Thanksgiving Fourth week in Nov |
| Christmas Eve December 24 |
| Christmas Day December 25 |
| Day after Christmas December 26 |
| John's Creek Location |




10955 Jones Bridge Rd. Suite: 107
Johns Creek GA 30022
(404)618-1020

www.TsunamiMMA.co



John's Creek TSUNAMI MMA Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|--|--|---|---|--|------------------------|
| MMA Blast Workout | 9:00AM 10:00AM 11:00AM 5:00PM 6:30PM | 9:30AM 10:30AM 11:30AM 6:00PM 6:30PM | 10:00AM 11:00AM 12:00PM 6:00PM 7:30PM | 10:00AM 11:00AM 12:00PM 5:00PM 6:30PM | 9:30AM 10:30AM 11:30AM 5:00PM 5:30PM | 9:00AM 9:30AM |
| TKD Ages 3-4 | | 4:30PM | | 4:00PM | 4:30PM | |
| TKD Ages 5-7 | 4:30PM | 5:00PM | 5:00PM | 5:30PM | 7:00PM Extreme TKD | 12:00PM Competition |
| TKD Ages 8-11 | 4:30PM | 5:00PM | 5:00PM | 5:30PM | 7:00PM Extreme TKD | 12:00PM Competition |
| TKD Adults | 8:00PM | 7:00PM | | 8:00PM | 7:00PM Extreme TKD | |
| BJJ Kids Ages 6-11 | 5:30PM | | 6:30PM | | 6:00PM No-Gi All ages | 10:00AM All Ages |
| BJJ Adults | 7:00PM | | 8:00PM | | 6:00PM No-Gi All ages | 10:00AM All Ages |
| Muay Thai Ages 13+ | | 8:00PM | | 7:00PM | | 11:00AM |

