

Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:30a	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Open at 9:30a Saturday	
OPEN MAT PRIVATE & INTRO LESSONS SAG-AFTRA Stunt Actors and Tricking Open Mat (reservation required)							
CLOSED 8:00AM   OPEN 9:30AM   PRIVATE LESSONS   INTRO LESSONS   SAG-AFTRA Stunts and Tricking Open Mat (reservation required)							
10am	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	
OPEN MAT PRIVATE & INTRO LESSONS SAG-AFTRA Stunt Actors and Tricking Open Mat (reservation required)						TKD   All Ages	
11am	OPEN MAT PRIVATE & INTRO LESSONS SAG-AFTRA Stunt Actors and Tricking Open Mat (reservation required)					Muay Thai Kickboxing	
						Extreme TKD	
						Kids BJJ	
12pm	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	
	Open Mat	TKD- All ages - All Ranks	Open Mat	TKD- All ages - All Ranks	Open Mat	TKD   Competition Class*	
	BJJ   All Ages   All Ranks	Open Mat		Open Mat		Open Mat	Adult BJJ   All ranks
CLOSED 1:30PM    OPEN 3:30PM    PRIVATE LESSONS   INTRO LESSONS    SAG-AFTRA Stunt Performers and Tricking Open Mat (reservation required)							
4pm	OPEN MAT PRIVATE & INTRO LESSONS SAG-AFTRA Stunt Actors and Tricking Open Mat (reservation required)					CLOSED AT 1:30PM	
5pm	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing		
	Kids TKD 8-12	Kids TKD 5-7	Kids TKD 8-12	Kids TKD 5-7			
	Kids BJJ		Kids BJJ		BJJ 101   All Ages		
6pm	Muay Thai Kickboxing		Muay Thai Kickboxing		Muay Thai Kickboxing*		
	Kids TKD 5-7	Kids TKD 8-12	Kids TKD 5-7	Kids TKD 8-12	TKD   All Ages		
		Kids BJJ		Kids BJJ	No-gi BJJ   All Ages		
7pm	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing	Cardio Kickboxing		
		TKD   Adults		TKD   Adults			
	BJJ 101   Adults	BJJ 101   Adults	No-gi BJJ   Adult	Ladies BJJ	BJJ Adults   All Ranks		
8pm		Muay Thai Kickboxing		Muay Thai Kickboxing	Closed at 8:30PM Friday		
	TKD   Adults		TKD   Adults				
	BJJ   Adult   All Ranks	BJJ   Adult   All Ranks	BJJ   Adult   All Ranks	BJJ   Adult   All Ranks			
<b>Birthday Party Times</b>		<b>Scheduled Holidays</b>		<b>All Classes are 50 minute classes   TKD ages 5-7 classes are 40 minute classes</b>		Bday Parties & Events: Start Time usually 3pm	
B-day parties are 1.5 hours on Saturday afternoons: Time is at Trainer's discretion. Usually 3:00pm - 4:30pm		New Year's Eve   December 31		Kids TKD and BJJ	Ages: 5-7 & 8-12		
		New Year's Day   Jan 1		Adult TKD and BJJ	Ages: 13+		
		Memorial Day   Last Monday of May		2734 E Ponce De Leon Ave. Decatur, GA 30030 <b>(404)-883-3386</b>		* denotes a pilot program that is subject to time changes and/or temporary	
		Independence Day   July 4					
		Labor Day   First Monday of September					
Thurs - Sat for Thanksgiving Fourth week in Nov							
Christmas Eve   December 24		Or at coach's discretion					
Christmas Day   December 25							
Day after Christmas   December 26							



NEW SCHEDULE STARTS 7/20



[www.TsunamiMMA.co](http://www.TsunamiMMA.co)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Kickboxing	6:30AM	6:30AM	6:30AM	6:30AM	6:30AM	
	10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	10:00AM
	12:00PM	12:00PM	12:00PM	12:00PM	12:00PM	12:00PM
	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM	
	7:00PM	7:00PM	7:00PM	7:00PM	7:00PM	

Muay Thai Kickboxing					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00PM	6:00PM	8:00PM	6:00PM	6:00PM	11:00 PM
				starting 7/20	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BJJ   All Ages	12:00PM		12:00PM			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult BJJ 101	7:00PM	7:00PM				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult BJJ	8:00PM	8:00PM	8:00PM	8:00PM	7:00PM	12:00PM
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No-gi Adult			7:00PM		6:00PM	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No-gi   All Ages					6:00PM	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ladies Jiu-Jitsu				7:00PM		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kids BJJ	5:00PM	6:00PM	5:00PM	6:00PM		11:00AM
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TKD Kids 5-7	6:00PM	5:00PM	6:00PM	5:00PM		10:00AM
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TKD Kids 8-12	5:00PM	6:00PM	5:00PM	6:00PM		10:00AM
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TKD   All Ages		12:00PM		12:00PM	6:00PM	10:00AM
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TKD Adults	8:00PM	7:00PM	8:00PM	7:00PM	6:00PM	10:00AM
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Extreme TKD						11:00AM
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TKD Competition						12:00PM
						starting 7/20

Drop In Prices					
Session 1 and Session 2 Open Mats (RESERVATION REQUIRED)					
SAG-AFTRA & Trickers Only					
Session 1 : \$10		M-F		Session 2: \$10 M-F	
SAG-AFTRA   Tricking All Day Pass: \$15 (6:30AM - 5:00PM)					
SAG-AFTRA Stunt Actors Open Mat   Tricking Open Mat Session 1					
M-F 6:30AM - 12:00PM   RESERVATION REQUIRED					
SAG-AFTRA Stunt Actors Open Mat   Tricking Open Mat Session 2					
M-F 12:00PM - 4:30PM   RESERVATION REQUIRED					
Member's Immediate Family Drop-in Class in same class or Member Drop-in for a different class   Open Mat					
\$10/Class				Maximum: 1x/week	
Non-Member Drop-in Class   Open Mat					
		\$20/Class			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Private Lessons   Intro Lessons   Open Mat					
6:30AM	6:30AM	6:30AM	6:30AM	6:30AM	
10:00AM	10:00AM	10:00AM	10:00AM	10:00AM	
11:00AM	11:00AM	11:00AM	11:00AM	11:00AM	
12:00PM	12:00PM	12:00PM	12:00PM	12:00PM	
4:00PM	4:00PM	4:00PM	4:00PM	4:00PM	
				5:00PM	

Additional Street Parking available on Grove PL