



| Schedule | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|--|---|
| 6:30a | Cardio Kickboxing <i>Open Mat</i> | Cardio Kickboxing <i>Open Mat</i> | Cardio Kickboxing <i>Open Mat</i> | Cardio Kickboxing <i>Open Mat</i> | Cardio Kickboxing <i>Open Mat</i> | Open at 9:30a Saturday |
| CLOSED 8:00AM OPEN 9:30AM PRIVATE LESSONS INTRO LESSONS SAG-AFTRA Stunts and Tricking Open Mat (reservation required) | | | | | | |
| 10am | Cardio Kickboxing <i>Open Mat</i> | Cardio Kickboxing <i>Open Mat</i> | Cardio Kickboxing <i>Open Mat</i> | Cardio Kickboxing <i>Open Mat</i> | Cardio Kickboxing <i>Open Mat</i> | TKD All Ages Cardio Kickboxing |
| 11am | OPEN MAT PRIVATE & INTRO LESSONS SAG-AFTRA Stunt Actors and Tricking Open Mat (reservation required) 10a-12p | | | | | Muay Thai Kids BJJ |
| 12pm | <i>Open Mat</i> BJJ All Ages All Ranks** | Cardio Kickboxing TKD- All ages - All Ranks | Cardio Kickboxing TKD- All ages - All Ranks | Cardio Kickboxing <i>Open Mat</i> | <i>Open Mat</i> | Extreme TKD Adult BJJ |
| CLOSED 1:30PM OPEN 3:30PM PRIVATE LESSONS INTRO LESSONS SAG-AFTRA Stunt Performers and Tricking Open Mat (reservation required) | | | | | | CLOSED AT 1:30 p |
| 5pm | Cardio Kickboxing Kids TKD 8-11 Kids BJJ | Cardio Kickboxing Kids TKD 5-7 | Cardio Kickboxing Kids TKD 8-11 Kids BJJ | Cardio Kickboxing Kids TKD 5-7 | <i>Open Mat</i> 5:30p-7:00p TKD Competition Class | |
| 6pm | Muay Thai Kickboxing Kids TKD 5-7 | Kids TKD 8-11 Kids BJJ | Muay Thai Kickboxing Kids TKD 5-7 | Kids TKD 8-11 Kids BJJ | Cardio Kickboxing* BJJ NO-GI All Ages** (Adults: 5 class minimum) (Kids: must bring a partner) | Bday Parties & Events: Time is at Trainer's discretion |
| 6:30pm | | Cardio Kickboxing * | | Cardio Kickboxing * | | |
| 7pm | TKD Adults BJJ 101 Adults | TKD Adults BJJ 101 Adults | Cardio Kickboxing BJJ NO-GI All Ages** (Adults: 5 class minimum) (Kids: must bring a partner) | TKD Adults Ladies BJJ | BJJ Adults All Ranks* Muay Thai Sparring* (coach's invitation needed) | |
| 8pm | BJJ Adult All Ranks | Muay Thai Kickboxing BJJ Adults All Ranks | TKD Adults BJJ Adult All Ranks | Muay Thai Sparring (1 month MINIMUM needed) BJJ Adult All Ranks | Closed at 8:30PM Friday | |
| Birthday Party Times | | Scheduled Holidays | | All Classes are 50 minute classes | | |
| B-day parties are 1.5 hours on Saturday afternoons: Time is at Trainer's discretion. | | New Year's Eve December 31 | | Kids TKD and BJJ Ages: 5+ and at coach's discretion | | |
| | | New Year's Day Jan 1 | | Adult TKD and BJJ Ages: 12+ and at coach's discretion | | |
|   | | Memorial Day Last Monday of May | | (404)-883-3386 | | |
| | | Independence Day July 4 | | | | |
| | | Labor Day First Monday of September | | www.TsunamiMMA.co | | |
| | | Thurs - Sat for Thanksgiving Fourth week in Nov | | | | |
| | | Christmas December 24-26 | | * denotes a pilot program that is subject to time changes and/or temporary | | |
| | | | | ** Kids need to come with a partner to this class | | |

This schedule starts Monday, March 4, 2019

| | 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 | | |
| | 5:00PM | 5:00PM | 5:00PM | 5:00PM | 6:00PM | |
| | | 6:30PM | 7:00PM | 6:30PM | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| BJJ All Ages | 12:00PM | | 7PM No-Gi | | 6PM No-Gi | |
| | 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 | |
| No-gi All Ages | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | 7:00PM | | 6:00PM | |
| Ladies Jiu-Jitsu | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | | 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 | 5:30-7:00 | 10:00AM |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| TKD Kids 8-11 | 5:00PM | 6:00PM | 5:00PM | 6:00PM | 5:30-7:00 | 10:00AM |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| TKD All Ages | | 12:00PM | | 12:00PM | 5:30-7:00 | 10:00AM |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| TKD Adults | 8:00PM | 7:00PM | 8:00-PM | 7:00PM | 5:30-7:00 | 10:00AM |
| TKD Competition Class | | | | | 5:30-7:00 | |
| Extreme TKD | | | | | | 12:00PM |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------|------------|----------|------------------|----------|
| Muay Thai Kickboxing | | | | | |
| 6:00PM | 8:00PM | 6:00PM | 8:00PM | 7:00PM | 11:00 AM |
| Drop In Prices | | | | | |
| 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 | |
| 4:00PM | 4:00PM | 4:00PM | 12:00PM | 12:00PM | |
| | | | 4:00PM | 6:30PM | |
| | | | | | |

Additional Street Parking available on Grove PL

This schedule starts Monday, March 4, 2019