



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	7:00PM	7:00PM	8:00PM	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