


John's Creek	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am						
10:00am						Brazilian Jiu Jitsu All Ages. All Ranks 10:00 pm - 11:00 am
11:00am	<i>Open Mat & Private Lessons</i>	<i>Open Mat & Private Lessons</i>	<i>Open Mat & Private Lessons</i>	<i>Open Mat & Private Lessons</i>	<i>Open Mat & Private Lessons</i>	Muay Thai Adults 11am-12pm
12:00pm	Noon Muay Thai All ages	<i>Open Mat & Private Lessons</i>	Noon BJJ All ages All Ranks	<i>Open Mat & Private Lessons</i>	Noon TKD All ages All Ranks	TKD Competition Class All Ages. All Ranks 12 pm - 1 pm
CLOSED: 1:30 PM - 3:00 PM						
4:00pm	Taekwondo Kids Ages 3-4 4:00 pm - 4:30 pm	<i>Open Mat & Private Lessons</i>	Taekwondo Kids Ages 3-4 4:00 pm - 4:30 pm	<i>Open Mat & Private Lessons</i>	<i>Open Mat & Private Lessons</i>	CLOSED AT 1:30PM
4:30pm	TKD Kids Ages 5-7 4:30 pm - 5:15 pm	Taekwondo Kids Ages 3-4 4:30 pm - 5:00 pm	BJJ Kids Ages 6-11 4:30 pm - 5:15 pm	<i>Open Mat & Private Lessons</i>	Taekwondo Kids Ages 3-4 4:30 pm - 5:00 pm	Bday Parties & Events: Time is at Trainer's discretion.
5:15pm	TKD Kids Ages 8-12 5:15 pm - 6 pm	TKD Kids Ages 5-7 5:15 pm - 6 pm	TKD Kids Ages 5-7 5:15 pm - 6 pm	TKD Kids Ages 8-12 5:15 pm - 6 pm	BJJ Kids - No Gi Ages 6-11 5:15 pm - 6 pm	
6pm	BJJ Kids Ages 6-11 6:00 pm - 6:50 pm	TKD Kids Ages 8-12 6:00 pm - 6:50 pm	TKD Kids Ages 8-12 6:00 pm - 6:50 pm	TKD Kids Ages 5-7 6:00 pm - 6:50 pm	BJJ Adults - No Gi All Ranks 6:00 pm - 7:00 pm	
7pm	Taekwondo Adults All ranks 7:00 pm - 8:00 pm	Muay Thai Adults 7:00 pm - 8:00 pm	Brazilian Jiu Jitsu Adults 7:00 pm - 8:00 pm	Taekwondo Adults All Ranks 7:00 pm - 8:00 pm	Extreme Taekwondo All Ages. All Ranks 7:00 pm - 8:00 pm	
8pm	BJJ Adults All Ranks 8:00 pm - 9:00 pm	Taekwondo Adults All ranks 8:00 pm - 9:00 pm	Taekwondo Adults Adults 8:00 pm - 9:00 pm	Muay Thai Adults 8:00 pm - 9:00 pm		

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



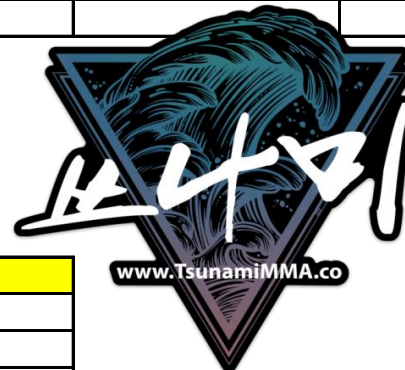
10955 Jones Bridge Rd. Suite: 107
Johns Creek GA 30022
(404)618-1020

www.TsunamiMMA.co



John's Creek TSUNAMI MMA Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Muay Thai Adults	12:00 - 1:00 p	7:00 - 8:00 p		8:00 - 9:00 p		11:00 - 12:00 p
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Brazilian Jiu Jitsu Ages 6-11	6:00 - 6:50 p		4:30 - 5:15 p		5:15 - 6:00 p (NO-GI)	10:00 - 11:00 a
Brazilian Jiu Jitsu Adults	8:00 - 9:00 p		7:00 - 8:00 p		6:00 - 7:00 p (NO-GI)	10:00 - 11:00 a
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Taekwondo Ages 3-4	4:00 - 4:30 p	4:30 - 5:00 p	4:00 - 4:30 p		12:00 - 1:00 p 4:30 - 5:00 p	
Taekwondo Ages 5-7	4:30 - 5:15 p	5:15 - 6:00 p	5:15 - 6:00 p	6:00 - 6:50 p	12:00 - 1:00 p 7:00 - 8:00 p	12:00 - 1:00 p
Taekwondo Ages 8-12	5:15 - 6:00 p	6:00 - 6:50 p	6:00 - 6:50 p	5:15 - 6:00 p	12:00 - 1:00 p 7:00 - 8:00 p	12:00 - 1:00 p
Taekwondo Adults	7:00 - 8:00 p	8:00 - 9:00p	8:00 - 9:00p	7:00 - 8:00 p	12:00 - 1:00 p 7:00 - 8:00 p	12:00 - 1:00 p
TKD Competition Class All Ages. All Ranks						12:00 - 1:00 p
Extreme TKD All Ages. All Ranks					7:00 - 8:00 p	



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	New Year's Day Jan 1	
	Memorial Day Last Monday of May	
	Independence Day July 4	
	Labor Day First Monday of September	
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	Christmas Eve December 24	
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