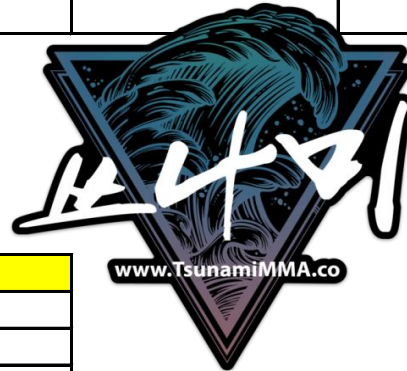


John's Creek	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00 am						BJJ Kids Ages 6-11 9 am - 9:50 am	
10:00am						Brazilian Jiu Jitsu Adults 10:00 pm - 11:00 am	
11:00am	<i>Open Mat & Private Lessons</i>	<i>Open Mat & Private Lessons</i>	<i>Open Mat & Private Lessons</i>	<i>Open Mat & Private Lessons</i>	<i>Open Mat & Private Lessons</i>	Muay Thai Adults 11am-12pm	
12:00pm	<i>Open Mat & Private Lessons</i>	<i>Open Mat & Private Lessons</i>	Noon BJJ All ages All Ranks	Noon Muay Thai All ages	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	Taekwondo Kids Ages 3-4 4:00 pm - 4:30 pm	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	CLOSED AT 1:30PM Bday Parties & Events: Time is at Trainer's discretion.	
4:30pm	TKD Kids Ages 5-7 4:30 pm - 5:15 pm	<i>Open Mat & Private Lessons</i>	BJJ Kids Ages 6-11 4:30 pm - 5:15 pm	<i>Open Mat & Private Lessons</i>			
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 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 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		Scheduled Holidays					
B-day parties are 1.5 hours on Saturday afternoons: Time is at Trainer's discretion.		New Year's Eve December 31			  <p>10955 Jones Bridge Rd. Suite: 107 Johns Creek GA 30022 (404)618-1020</p> 		
		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			www.TsunamiMMA.co		



John's Creek TSUNAMI MMA Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Muay Thai Adults		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	9 - 9:50 a
Brazilian Jiu Jitsu Adults	8:00 - 9:00 p		7:00 - 8:00 p		6:00 - 7:00 p	10:00 - 11:00 a
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Taekwondo Ages 3-4	4:00 - 4:30 p	4:00 - 4:30 p	4:00 - 4:30 p		4:00 - 4:30 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		10:00 - 11:00 a
Taekwondo Ages 8-12	4:30 - 5:15 p	5:15 - 6:00 p		6:00 - 6:50 p		
Taekwondo Adults	8:00 - 8:50 p		8:00 - 8:50 p	7:00 - 8:00 p	7:00 - 8:00 p	
TKD Competition Class All Ages. All Ranks						11:00 - 12:00 p
Extreme TKD All Ages. All Ranks						12:00 - 1:00 p



www.TsunamiMMA.co

Birthday Party Times

Scheduled Holidays

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

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

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