



Tsunami Mixed Martial Arts Schedule modified schedule

SCHEDULE STARTS July 27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(pw in members facebook page) Online Class ID: 86057184159						
Fitness Cardio Kickboxing		5p		5p	Reserved for Private Lessons	9a
This class will not be available online						
Muay Thai & Conditioning	6p		6p		Reserved for Private Lessons	10a
(pw in members facebook page) Online Class ID: 86421223131						
Taekwondo Ages 5-7		5p		5p	Reserved for Private Lessons	12p
(pw in members facebook page) Online Class ID: 86421223131						
Taekwondo Ages 8-11		6p		6p	Reserved for Private Lessons	12p
(pw in members facebook page) Online Class ID: 86421223131						
Taekwondo Adults		7p		7p	Reserved for Private Lessons	12p
This class will not be available online						
Speciality Class <small>(weapons, sparring, forms, tournaments, board breaking, extreme tkd, etc)</small>	<i>Speciality class is open for TKD members. Classes will be coaches' choice. This will not be a curriculum class.</i>				Reserved for Private Lessons	1p
(pw in members facebook page) Online Class ID: 84359278344						
Brazilian Jiu- Jitsu Ages 6-11	5p		5p		Reserved for Private Lessons	11a
This class will not be available online						
Brazilian Jiu- Jitsu Adults	7p		7p		Reserved for Private Lessons	11a

404.883.3386

www.TsunamiMMA.co