



Tsunami Mixed Martial Arts

modified schedule (starts Jan 18, 2021)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Cardio Kickboxing	In-person only					
	Equipment Needed: Boxing gloves & handwraps					
	10a		10a	5p		9a (pad work + conditioning)
Muay Thai & Conditioning	In-person only					
	Equipment Needed: 16 oz gloves, mouthpiece, handwraps, Muay Thai shorts, shinpads, Tsunami					
	6p		6p		6p	9a (pad work + conditioning)
Taekwondo Ages 5-7	Online Class ID: 86421223131 (pw in members facebook page)					
	Equipment Needed: TKD uniform & sparring gear					
		5p		5p		10a
Taekwondo Ages 8-11	Online Class ID: 86421223131 (pw in members facebook page)					
	Equipment Needed: TKD uniform & sparring gear					
		6p		6p		10a
Taekwondo Adults	Online Class ID: 86421223131 (pw in members facebook page)					
	Equipment Needed: TKD uniform & sparring gear					
		7p		7p		10a
TKD Speciality Class	In-person only					
	Equipment Needed: curriculum weapon, TKD uniform, sparring gear					
				8p Sparring Class & Black Belt Class		11a Weapons & Tricking
Brazilian Jiu-Jitsu Ages 6-11	Online Class ID: 84359278344 (pw in members facebook page)					
	Equipment Needed: (no gi- rashguard, fight shorts) (gi- BJJ uniform w/ Tsunami MMA patch)					
	5p (gi)		5p (gi)		5p (gi)	
Brazilian Jiu-Jitsu Adults	This class will not be available online					
	Equipment Needed: (no gi- rashguard, fight shorts) (gi- BJJ uniform w/ Tsunami MMA patch)					
	7p (no gi)		7p (no gi)		7p (gi)	12p (no gi)

404.883.3386

www.TsunamiMMA.co

225 Laredo Dr. (suite A) Decatur, GA

Download the Tsunami MMA app! Search "Tsunami MMA" in your app store. Studio Code is 4048833386

Facebook MEMBERS ONLY group: Tsunami MMA Decatur members

Ask coach Mohammad for an invite to the Tsunami members BJJ group chat on GroupMe