



# Tsunami Mixed Martial Arts

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Cardio Kickboxing	In-person only Equipment Needed: Boxing gloves & handwraps						
	10a   5p		10a   5p			9a (pad work + conditioning)	
Yoga Sunday at the park (weather permitting) or at Tsunami	Online Class ID: 871 1134 5114 (pw in members facebook page) Equipment Needed: Comfortable clothing, Yoga mat, Props if you'd like						
	7p online only		7p online only				4p in-person
<i>Muay Thai beginners must attend at least 1 month of classes and/or have coaches' approval to start sparring.</i>							
Muay Thai & Conditioning	In-person only Equipment Needed: 16 oz gloves, mouthpiece, handwraps, Muay Thai shorts, shinpads, Tsunami shirt or Black shirt						
	6p		6p		6p	9a (pad work + conditioning)	
Taekwondo Ages 5-7	In-person only Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
		5p	12p	5p		10a	
<i>Green belts and above must have sparring gear.</i>							
Taekwondo Ages 8-11	In-person only Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
		6p	12p	6p		10a	
Taekwondo Adults	Online Class ID: 86421223131 (pw in members facebook page) Online & In-studio Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
		7p	12p	7p		10a	
TKD Speciality Class	In-person only Equipment Needed: curriculum weapon, TKD uniform (optional: Tsunami shirt), sparring gear						
				8p Sparring Class & Black Belt Class		11a Weapons & Tricking	
Brazilian Jiu-Jitsu Ages 6-11	In-person only Equipment Needed: (no gi- rashguard, fight shorts) (gi- BJJ uniform w/ Tsunami MMA patch)						
	5p (gi)		5p (gi)		5p (gi)		
<i>Ask coach Mohammad for an invite to the Tsunami members BJJ group chat on GroupMe</i>							
Brazilian Jiu-Jitsu Adults Intermediate to Advanced	In-person only 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)	
<i>Beginners must attend at least 5 fundamentals class to be considered to spar / "roll".</i>							
Brazilian Jiu-Jitsu Adults Fundamentals	In-person only Equipment Needed: (no gi- rashguard, fight shorts) (gi- BJJ uniform w/ Tsunami MMA patch)						
			7p (no gi)		6p (gi)		

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

Facebook MEMBERS ONLY group: Tsunami MMA Decatur members

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

[www.TsunamiMMA.co](http://www.TsunamiMMA.co)