



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 - Reservation needed via Tsunami App Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
		Reservation via Tsunami App	12p	Reservation via Tsunami App		Reservation via Tsunami App	
<i>Green belts and above must have sparring gear.</i>							
Taekwondo Ages 8-11	In-person only - Reservation needed via Tsunami App Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
		Reservation via Tsunami App	12p	Reservation via Tsunami App		Reservation via Tsunami App	
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		Reservation via Tsunami App	
TKD Speciality Class	In-person only Equipment Needed: curriculum weapon, TKD uniform (optional: Tsunami shirt), sparring gear						
				8p Sparring Class & Black Belt Class			
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)		

Tsunami Mixed Martial Arts

404.883.3386

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

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

www.TsunamiMMA.co