



TSUNAMI MIXED MARTIAL ARTS

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Cardio
Kickboxing

Equipment List: Boxing gloves & handwraps

12p
5p

715a

12p
5p

715a

9a

MMA
Fundamentals
Ages 12+

Equipment List: 16 oz gloves, MMA gloves mouthpiece, handwraps, MMA shorts, MT shinpads, Tsunami shirt or Rashguard

6p boxing

715a cardio

6p boxing (sparring)
7p Muay T. (sparring)

715a cardio

6p (MMA no gi)

9a cardio

MMA beginners must attend at least 1 month of classes and have coaches' approval to start sparring.

Muay Thai
Ages 12+

Equipment List: 16 oz gloves, mouthpiece, handwraps, MT shorts, MT shinpads, Tsunami shirt or Black shirt

12p (cardio)
7p

715a (cardio)

12p (cardio)
7p (sparring)

715a (cardio)

7p

9a cardio

Muay Thai beginners must attend at least 1 month of classes and have coaches' approval to start sparring.

Taekwondo
Ages 4-6

Equipment List: TKD uniform (optional: Tsunami shirt) & sparring gear

4:15p
(curriculum)

4:15p (sparring)

4:15p (curriculum +
sparring)

10a (curriculum +
sparring)

Green belts and above must have sparring gear.

Taekwondo
Ages 7-11

Equipment List: TKD uniform (optional: Tsunami shirt) & sparring gear

5p (curriculum)

4:15p (sparring)

5p (curriculum +
sparring)

12p (curriculum +
sparring)

Green belts and above must have sparring gear.

Taekwondo
Ages 12+

Equipment List: TKD uniform (optional: Tsunami shirt) & sparring gear

12p (cardio)
7p (curriculum)

715a (cardio)
7p (curriculum)

12p (cardio)
7p (Muay T.
sparring)

715a (cardio)
7p (curriculum +
sparring)

9a cardio
12p (curriculum +
sparring)

Green belts and above must have sparring gear. Muay Thai sparring needs Muay Thai gear.

Taekwondo
Specialty

Equipment List: TKD uniform (optional: Tsunami shirt) & sparring gear

6p

6p

Coaches' choice. No curriculum. Can be Weapons, Forms, Sparring, Demo, Competition Class

Brazilian Jiu-Jitsu
Ages 6-14

Equipment List: mouthpiece + (no gi: rashguard, fight shorts) (gi: BJJ uniform w/ Tsunami MMA patch)

5p (gi)

5p (gi)

5p (no-gi)

11a (gi)



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404.883.3386



Team TsunamiMMA



www.TsunamiMMA.co



info@tsunamimma.co



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Tik Tok

THIS SCHEDULE STARTS SEPTEMBER 5TH (TUESDAY)