



Tsunami Mixed Martial Arts

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Kickboxing	Equipment Needed: Boxing gloves & handwraps						
	12p 6p	715a	6p	715a	6p	9a	
Muay Thai (ages 12+)	Equipment Needed: 16 oz gloves, mouthpiece, handwraps, MT shorts, MT shinpads, Tsunami shirt or Black shirt						
	6p CKB 7p	715a CKB	6p CKB 7p Sparring	715 CKB	6p CKB 7p	9a CKB	Fighters only invite only
<i>Muay Thai beginners must attend at least 1 month of classes and have coaches' approval to start sparring.</i>							
Taekwondo Ages 4-6	Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
		415p forms & curriculum	415p sparring	415p sparring & curriculum		10a curriculum	competition team. Coach will schedule
<i>Green belts and above must have sparring gear.</i>							
Taekwondo Ages 7-11	Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
		5p forms & curriculum	415 sparring	5p sparring & curriculum		12p curriculum	competition team. Coach will schedule
<i>Green belts and above must have sparring gear.</i>							
Taekwondo Adult Class (12+) & Black Belts	Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
	6p CKB	715a CKB 7p	6p CKB	715a CKB 7p	6p CKB	9a CKB 12p	competition team. Coach will schedule
<i>Green belts and above must have sparring gear.</i>							
Taekwondo Speciality Class	Equipment Needed: curriculum weapon, TKD uniform (optional: Tsunami shirt), sparring gear						
	6p CKB (ages 12+)	6p weapons / board breaking	6p CKB (ages 12+)	6p weapons / board breaking	6p CKB (ages 12+)	9a CKB	competition team. Coach will schedule
Brazilian Jiu-Jitsu Ages 6-11	Equipment Needed: mouthpiece + (no gi: rashguard, fight shorts) (gi: BJJ uniform w/ Tsunami MMA patch)						
	5p		5p		5p no-gi	11a	
MMA Fundamentals (ages 12+)	Equipment Needed: See above classes for requirements						
	6p CKB 7p Muay Thai	715a CKB	6p CKB 7p M.T. spar	715a CKB 7p Taekwondo	6p no-gi grappling	9a CKB	Fighters only invite only

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