



Tsunami Mixed Martial Arts

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Kickboxing (CKB)	Equipment Needed: Boxing gloves & handwraps						
	715a	12p 6p	715a	6p		9a	

New members will need coach approval to begin sparring

MMA Fundamentals (ages 12+)	Equipment Needed: 16 oz gloves, mouthpiece, handwraps, MT shorts, MT shinpads, Tsunami shirt or Black shirt						
		12p CKB 7p Muay Thai	715a CKB 645 TKD	6p CKB 7p Muay Thai		9a CKB	Fighters only invite only

Green belts and above must have sparring gear.

TAEKWONDO (TKD)	Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
Ages 4-6 BASIC CURRICULUM	430-5p curriculum		430-5p curriculum			10a-1030a curriculum	competition training. Coach will schedule
Ages 4-6 LEADERSHIP	430-530p LEADERSHIP		430-530 LEADERSHIP		430-530p LEADERSHIP	10a-1115a curriculum + spar	competition training. Coach will schedule

Green belts and above must have sparring gear.

TAEKWONDO (TKD)	Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
Ages 7-11 BASIC CURRICULUM	530-610p curriculum		530-610p curriculum			10a-1030a curriculum	competition training. Coach will schedule
Ages 7-11 LEADERSHIP	530-645p LEADERSHIP		530-645p LEADERSHIP		530-630p LEADERSHIP	10a-1115a curriculum + spar	competition training. Coach will schedule
Ages 7-11 COMPETITION TEAM	530-645p LEADERSHIP	5p-6p COMPETITION	530-645p LEADERSHIP	5p-6p COMPETITION	530-630p LEADERSHIP	1030-1230 COMPETITION	competition training. Coach will schedule

Green belts and above must have sparring gear.

TAEKWONDO (TKD)	Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
Ages 12+ BASIC CURRICULUM	645p-730p curriculum		645p-730p curriculum			10a-1030a curriculum	competition training. Coach will schedule
Ages 12+ LEADERSHIP	645p-8p LEADERSHIP		645p-8p LEADERSHIP		530-630p LEADERSHIP	10a-1115a curriculum + spar	competition training. Coach will schedule
Ages 12+ COMPETITION TEAM	645p-8p LEADERSHIP	5p-6p COMPETITION	645p-8p LEADERSHIP	5p-6p COMPETITION	530-630p LEADERSHIP	1030-1230p COMPETITION	competition training. Coach will schedule

Green belts and above must have sparring gear.

TAEKWONDO	Equipment Needed: TKD uniform (optional: Tsunami shirt) & sparring gear						
All Ages Red & Black Belts					630p-730p Taekwondo		competition training. Coach will schedule

STARTS JUNE 2, 2025



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Tsunami Mixed Martial Arts

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Studio Code: 4048833386

Use your same email we have on file when registering

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