

Tsunami Training Center

Spring Calendar 2019

Classes and Times (Show up 10 min early!)

The TSUNAMI TRAINING CENTER is a proud affiliate of 10th Planet Jiu Jitsu. We offer classes for everyone ages 3 and up! All skill levels are invited to train with us! We are working hard to develop our curriculum even further and bring even more exciting new classes to help you succeed and grow into the strongest version of yourself both mentally and physically!

BOOTCAMP

Class days Monday, Wednesday, Friday

Class times 5:45, 6:30, 7:15 AM

Saturday 7:30, 8:15 AM

Early morning Bootcamp is the best way to start your day. Fast-paced, motivating classes will fly by making your workout more fun than ever!

OPEN GYM

Class days Monday, Wednesday, Friday

Class times 11:00 AM - 1:00 PM

Saturday 9:00 AM - 11:00 AM

Open Gym is for all members to come and spar, work out, or get some extra reps in on the bag or the dummies.

LITTLE SHARKS

Class days Monday, Wednesday, Friday

- **Minnows (3-5 years)- 3:30 PM**
- **Mako Sharks (6-10 years)- 4:15 PM**
- **Tiger Sharks (11-15 years)- 5:00 PM**

Our Little Sharks program is great for kids of all ages 3 and up!

FUNDAMENTAL JIU JITSU

Class days Monday, Wednesday, Friday

Class times 6:00 PM

This Fundamental Jiu Jitsu program is for all Adults and an excellent introduction to Jiu Jitsu fundamentals with a combination of basic self-defense. This is a stand alone program or an excellent combination with Advanced Jiu Jitsu for those athletes interested in Jiu Jitsu competition or delving deeper into the “Gentle Art.”

ADVANCED JIU JITSU

Class days Monday, Wednesday, Friday

Class times 7:00 PM

This Advanced Jiu Jitsu program is for all Adults but emphasizing Sport Jiu Jitsu and more specifically the 10th Planet Jiu Jitsu System and Submission grappling for competition.

GI BRAZILIAN JIU JITSU

Class days Thursday

Class times 7:00 PM

We offer traditional Brazilian Jiu Jitsu utilizing the Gi as the Gentle Art was intended.

COMBATIVES

Class days Tuesday

Class times 6:00 PM

Combat Training featuring Boxing, MMA, Muay Thai and American Kickboxing!

STRENGTH AND ALIGNMENT

Class days Tuesday

Class times 6:00 AM

This is the best way to round out your conditioning, and balance any misalignment in the body.