

TRIUNITY MARTIAL ARTS STUDIO INC.

www.triunitymartialarts.com

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Adult & Children Ranks: Beginner = White & Yellow / Intermediate = Orange, Purple & Blue / Advanced = Green, Brown & Black

Office hours: 3:00 – 9:00 pm (Monday to Friday) – Closed Sundays & Statutory Holidays

~ Live your life to the fullest & embrace all your dreams ... You CAN do it! ~

CLASS SCHEDULE

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	3:45 – 4:30 pm	6:30 am – 7:30 am	3:45 – 4:30 pm	6:30 am – 7:30 am	4:00 – 4:45 pm	7:00 – 9:00	11:00 – 12:00
	Hawaiian KENPO CHILDREN (4-6 yrs. old) Beginner (White - Orange) LITTLE NINJAS	Brazilian Jiu-Jitsu TEENS & ADULTS All Levels Ages 18years + up ALL LEVELS	Hawaiian KENPO CHILDREN (4-6 yrs. old) Beginner (White - Orange) LITTLE NINJAS	Brazilian Jiu-Jitsu TEENS & ADULTS All Levels Ages 18years + up ALL LEVELS	Hawaiian KENPO CHILDREN (4-9 yrs. old) ALL LEVELS (White – Black Belt)	Jiu Jitsu Ages 18&up Teens & adults	NO GI Jiu Jitsu Teens & adults (All levels)
	4:30 – 5:30 pm	4:00 – 5:00 pm	4:30 – 5:30 pm	4:00 – 5:00 pm	4:45 – 5:30 pm	9:00 – 10:00	12:00 – 12:45
	Hawaiian KENPO CHILDREN (7-9 yrs. old) Beginner (White - Orange)	Hawaiian KENPO CHILDREN (7-9 yrs. old) / Adv. (Purple - Black) JUNIOR BLACK BELT	Hawaiian KENPO CHILDREN (7-9 yrs. old) Beginner (White - Orange)	Hawaiian KENPO CHILDREN (7-9 yrs. old) / Adv. (Purple - Black) JUNIOR BLACK BELT	Hawaiian KENPO CHILDREN (10-14 yrs. old) ALL LEVELS (White - Black)	WOMEN ONLY Jiu Jitsu Ages 18&up	Kids only Jiu Jitsu Ages 3-6 yrs old (All levels)
Times	5:30 – 6:30 pm	5:00 – 6:00 pm	5:30 – 6:30 pm	5:00 – 6:00 pm	5:30 – 6:30pm	11:00 – 1:00	1:00 – 2:00 pm
	Hawaiian KENPO CHILDREN (10-14 yrs. old) Beginner (White – Orange)	Hawaiian KENPO CHILDREN (10-14 yrs. old) Int / Adv. (Purple - Black) JUNIOR BLACK BELT	Hawaiian KENPO CHILDREN (10-14 yrs. old) Beginner (White – Orange)	Hawaiian KENPO CHILDREN (10-14 yrs. old) Int / Adv. (Purple - Black) JUNIOR BLACK BELT	Kids only Jiu Jitsu Ages 7-13 (All levels)	American KENPO Self Defense Ages 15 years + up ALL LEVELS	Youth only Jiu Jitsu Ages 7-13 (All levels)
	6:30 – 7:15 pm	6:00 – 7:00 pm	6:30 – 7:15 pm	6:00 – 7:00 pm	6:30 – 7:30pm	2:00-4:00 pm	2:00 – 3:00
	Hawaiian KENPO CHILDREN (6-9) yrs. old) Beginner (White – Orange)	Hawaiian KENPO Beginners Intermediates Teens/Adults	Hawaiian KENPO CHILDREN (6-9) yrs. old) Beginner (White - Orange)	Hawaiian KENPO Beginners Intermediates Teens/Adults	American KENPO Self Defense Ages 15 years and up ALL LEVELS	Women ONLY Self Defense Workshop Pre-registrations only	Jiu Jitsu Competitive team
	7:15 – 8:00 pm	7:00 – 8:00 pm	7:15 – 8:00 pm	7:00 – 8:00 pm	7:30 – 9:00pm		3:00 – 4:00
	Hawaiian KENPO CHILDREN (6 -11 yrs. old) Int / Adv. (Purple - Black)	Hawaiian KENPO TEENS & ADULTS Advanced SENIOR BLACK BELTS	Hawaiian KENPO CHILDREN (6-11 yrs. old) Int / Adv. (Purple - Black)	Hawaiian KENPO TEENS & ADULTS Advanced SENIOR BLACK BELTS	Kickboxing/ SPARRING Ages 13 years and up ALL LEVELS		Jiu Jitsu Open Mat (All levels)
	8:00 – 9:30 pm	8:00 – 10:00 pm	8:00 – 9:30 pm	8:00 – 10:00 pm			



	<u>Kick-Boxing/Muay Thai</u> TEENS & ADULTS All Levels	<u>Brazilian Jiu-Jitsu</u> TEENS & ADULTS All Levels	<u>Kick-Boxing/Muay Thai</u> TEENS & ADULTS All Levels	<u>Brazilian Jiu-Jitsu</u> TEENS & ADULTS All Levels			