

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

CLASS SCHEDULE							
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! ~							
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		8:00 – 10:00	11:00 – 12:00
	<u>Hawaiian KENPO</u> CHILDREN (4-6 yrs. old) Beginner (White - Orange) LITTLE NINJAS	<u>Brazilian Jiu-Jitsu</u> TEENS & ADULTS All Levels Ages 18years + up ALL LEVELS	<u>Hawaiian KENPO</u> CHILDREN (4-6 yrs. old) Beginner (White - Orange) LITTLE NINJAS	<u>Brazilian Jiu-Jitsu</u> TEENS & ADULTS All Levels Ages 18years + up ALL LEVELS		<u>Jiu Jitsu</u> Ages 18&up Teens & adults	<u>NO GI Jiu Jitsu</u> Teens & adults (All levels)
	4:30 – 5:30 pm	4:00 – 5:00 pm	4:30 – 5:30 pm	4:00 – 5:00 pm	4:00 – 4:45 pm	10:00 – 11:30	12:00 – 12:45
	<u>Hawaiian KENPO</u> CHILDREN (7-9 yrs. old) Beginner (White - Orange)	<u>Hawaiian KENPO</u> CHILDREN (7-9 yrs. old) / Adv. (Purple - Black) JUNIOR BLACK BELT	<u>Hawaiian KENPO</u> CHILDREN (7-9 yrs. old) Beginner (White - Orange)	<u>Hawaiian KENPO</u> CHILDREN (7-9 yrs. old) / Adv. (Purple - Black) JUNIOR BLACK BELT	<u>Hawaiian KENPO</u> CHILDREN (4-9 yrs. old) ALL LEVELS (White – Black Belt)	Private Muay Thai sessions	<u>Kids only Jiu Jitsu</u> Ages 3-6 yrs old (All levels)
	5:30 – 6:30 pm	5:00 – 6:00 pm	5:30 – 6:30 pm	5:00 – 6:00 pm	4:45 – 5:30 pm	11:00 – 12:30	1:00 – 2:00 pm
	<u>Hawaiian KENPO</u> CHILDREN (10-14 yrs. old) Beginner (White – Orange)	<u>Hawaiian KENPO</u> CHILDREN (10-14 yrs. old) Int / Adv. (Purple - Black) JUNIOR BLACK BELT	<u>Hawaiian KENPO</u> CHILDREN (10-14 yrs. old) Beginner (White – Orange)	<u>Hawaiian KENPO</u> CHILDREN (10-14 yrs. old) Int / Adv. (Purple - Black) JUNIOR BLACK BELT	<u>Hawaiian KENPO</u> CHILDREN (10-14 yrs. old) ALL LEVELS (White - Black)	<u>American KENPO Self Defense</u> Ages 15 years + up ALL LEVELS	<u>Youth only Jiu Jitsu</u> 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	5:30 – 6:30pm	2:00-4:00 pm	2:00 – 3:00
	<u>Hawaiian KENPO</u> CHILDREN (6-9) yrs. old) Beginner (White – Orange)	<u>Hawaiian KENPO</u> Beginners Intermediates Teens/Adults	<u>Hawaiian KENPO</u> CHILDREN (6-9) yrs. old) Beginner (White - Orange)	<u>Hawaiian KENPO</u> Beginners Intermediates Teens/Adults	<u>Kids only Jiu Jitsu</u> Ages 7-13 (All levels)	Women ONLY Self Defense Workshop Pre-registrations only	<u>Jiu Jitsu Competitive team</u>
	7:15 – 8:00 pm	7:00 – 8:00 pm	7:15 – 8:00 pm	7:00 – 8:00 pm	6:30 – 7:30pm		3:00 – 4:00
	<u>Hawaiian KENPO</u> CHILDREN (6 -11 yrs. old) Int / Adv. (Purple - Black)	<u>Hawaiian KENPO</u> TEENS & ADULTS Advanced SENIOR BLACK BELTS	<u>Hawaiian KENPO</u> CHILDREN (6-11 yrs. old) Int / Adv. (Purple - Black)	<u>Hawaiian KENPO</u> TEENS & ADULTS Advanced SENIOR BLACK BELTS	<u>American KENPO Self Defense</u> Ages 15 years and up ALL LEVELS		<u>Jiu Jitsu Open Mat</u> (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			


