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
Times	3:45 – 4:30 pm		3:45 – 4:30 pm			8:00 – 10:00	11:00 – 12:00
	Hawaiian KENPO *CHILDREN (4-6 yrs. old) Beginner (While - Orange) LITTLE NINJAS*		***Hawaiian KENPO*** *CHILDREN (4-6 yrs. old) Beginner (While - Orange) LITTLE NINJAS*			***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	4:00 – 4:45 pm	10:00 – 11:30	12:00 – 12:45
	Hawaiian KENPO *CHILDREN (7-9 yrs. old) Beginner (While - Orange)*	***Hawaiian KENPO*** *CHILDREN (7-9 yrs. old) / Adv. (Purple - Black) JUNIOR BLACK BELT*	***Hawaiian KENPO*** *CHILDREN (7-9 yrs. old) Beginner (While - Orange)*	***Hawaiian KENPO*** *CHILDREN (7-9 yrs. old) / Adv. (Purple - Black) JUNIOR BLACK BELT*	***Hawaiian KENPO*** *CHILDREN (4-9 yrs. old) ALL LEVELS (While – Black Belt)*	***Private Muay Thai sessions***	***Kids only Jiu Jitsu*** ***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	11:30 – 12:30	1:00 – 2:00 pm
	Hawaiian KENPO *CHILDREN (10-14 yrs. old) Beginner (While – Orange)*	***Hawaiian KENPO*** *CHILDREN (10-14 yrs. old) Int / Adv. (Purple - Black) JUNIOR BLACK BELT*	***Hawaiian KENPO*** *CHILDREN (10-14 yrs. old) Beginner (While – Orange)*	***Hawaiian KENPO*** *CHILDREN (10-14 yrs.old) Int / Adv. (Purple - Black) JUNIOR BLACK BELT*	***Hawaiian KENPO*** *CHILDREN (10-14 yrs. old) ALL LEVELS (White - Black)*	***Kickboxing*** *(ages 8 & 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	5:30 – 6:30pm	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*	***Kids only Jiu Jitsu*** ***Ages 7-13 (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			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*			***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			
	Kick-Boxing/Muay Thai *TEENS & ADULTS All Levels*	***Brazilian Jiu-Jitsu*** *TEENS & ADULTS All Levels*	***Kick-Boxing/Muay Thai*** *TEENS & ADULTS All Levels*	***Brazilian Jiu-Jitsu*** *TEENS & ADULTS All Levels*			