



# TRIUNITY MARTIAL ARTS STUDIO INC.

[www.triunitymartialarts.com](http://www.triunitymartialarts.com)

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CLASS SCHEDULE							
“A BLACK BELT IS A WHITE BELT THAT NEVER QUIT”							
Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	3:45 – 4:30 pm	6:15 am – 7:30 am	3:45 – 4:30 pm	6:15 am – 7:30 am	4:00 – 4:45 pm	7:00 – 8:30	10:30 – 12:00
	<b><u>Hawaiian KENPO</u></b> CHILDREN (4-6 yrs. old) Beginner (White - Orange) LITTLE NINJAS	<b><u>Brazilian Jiu-Jitsu</u></b> TEENS & ADULTS All Levels Ages 18years + up ALL LEVELS	<b><u>Hawaiian KENPO</u></b> CHILDREN (4-6 yrs. old) Beginner (White - Orange) LITTLE NINJAS	<b><u>Brazilian Jiu-Jitsu</u></b> TEENS & ADULTS All Levels Ages 18years + up ALL LEVELS	<b><u>Hawaiian KENPO</u></b> CHILDREN (4-9 yrs. old) ALL LEVELS (White – Black Belt)	<b><u>Jiu Jitsu</u></b> <b>Ages 18&amp;up</b> Teens & adults	<b><u>NO GI Jiu Jitsu</u></b> 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
	<b><u>Hawaiian KENPO</u></b> CHILDREN (7-9 yrs. old) Beginner (White - Orange)	<b><u>Hawaiian KENPO</u></b> CHILDREN (7-9 yrs. old) / Adv. (Purple - Black) JUNIOR BLACK BELT	<b><u>Hawaiian KENPO</u></b> CHILDREN (7-9 yrs. old) Beginner (White - Orange)	<b><u>Hawaiian KENPO</u></b> CHILDREN (7-9 yrs. old) / Adv. (Purple - Black) JUNIOR BLACK BELT	<b><u>Hawaiian KENPO</u></b> CHILDREN (10-14 yrs. old) ALL LEVELS (White - Black)	<b><u>WOMEN ONLY</u></b> <b><u>Jiu Jitsu</u></b> <b>Ages 18&amp;up</b>	<b><u>Kids only Jiu Jitsu</u></b> <b>Ages 3-6 yrs old</b> (All levels)
	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
	<b><u>Hawaiian KENPO</u></b> CHILDREN (10-14 yrs. old) Beginner (White – Orange)	<b><u>Hawaiian KENPO</u></b> CHILDREN (10-14 yrs. old) Int / Adv. (Purple - Black) JUNIOR BLACK BELT	<b><u>Hawaiian KENPO</u></b> CHILDREN (10-14 yrs. old) Beginner (White – Orange)	<b><u>Hawaiian KENPO</u></b> CHILDREN (10-14 yrs. old) Int / Adv. (Purple - Black) JUNIOR BLACK BELT	<b><u>Kids only Jiu Jitsu</u></b> <b>Ages 7-13 (All levels)</b>	<b><u>American KENPO Self Defense</u></b> Ages 15 years + up ALL LEVELS	<b><u>Youth only Jiu Jitsu</u></b> <b>Ages 7-13 (All levels)</b>
	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
	<b><u>Hawaiian KENPO</u></b> CHILDREN (6-9) yrs. old) Beginner (White – Orange)	<b><u>Hawaiian KENPO</u></b> Beginners Intermediates Teens/Adults	<b><u>Hawaiian KENPO</u></b> CHILDREN (6-9) yrs. old) Beginner (White - Orange)	<b><u>Hawaiian KENPO</u></b> Beginners Intermediates Teens/Adults	<b><u>American KENPO Self Defense</u></b> Ages 15 years and up ALL LEVELS	<b><u>Women ONLY Self Defense Workshop</u></b> <b>Pre-registrations only</b>	<b><u>Jiu Jitsu Competitive team</u></b>
	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
	<b><u>Hawaiian KENPO</u></b> CHILDREN (6 -11 yrs. old) Int / Adv. (Purple - Black)	<b><u>Hawaiian KENPO</u></b> TEENS & ADULTS Advanced SENIOR BLACK BELTS	<b><u>Hawaiian KENPO</u></b> CHILDREN (6-11 yrs. old) Int / Adv. (Purple - Black)	<b><u>Hawaiian KENPO</u></b> TEENS & ADULTS Advanced SENIOR BLACK BELTS	<b><u>Kickboxing/ SPARRING</u></b> Ages 13 years and up ALL LEVELS		<b><u>Jiu Jitsu Open Mat</u></b> (All levels)
	8:00 – 9:30 pm	8:00 – 10:00 pm	8:00 – 9:30 pm	8:00 – 10:00 pm			
	<b><u>Kick-Boxing/Muay Thai</u></b> TEENS & ADULTS All Levels	<b><u>Brazilian Jiu-Jitsu</u></b> TEENS & ADULTS All Levels	<b><u>Kick-Boxing/Muay Thai</u></b> TEENS & ADULTS All Levels	<b><u>Brazilian Jiu-Jitsu</u></b> TEENS & ADULTS All Levels			