



TRIUNITY MARTIAL ARTS STUDIOS. 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! ~							
Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Times	3:45 – 4:30 pm		3:45 – 4:30 pm			10:00 – 11:30	
	<u>Hawaiian KENPO</u> CHILDREN (4-6 yrs. old) Beginner (White - Orange) LITTLE NINJAS		<u>Hawaiian KENPO</u> CHILDREN (4-6 yrs. old) Beginner (White - Orange) LITTLE NINJAS			<u>Karate Sparring</u> For all Ages (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	11:30 – 12:30	1:00 – 2:00 pm
	<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)	<u>Kid's only Kickboxing</u> (ages 8 to13)	<u>Kids only Jiu Jitsu</u> Ages 6-10 (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	12:30 – 1:30	4:00 – 5:00
	<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>Adults only Kickboxing</u> (ages 18 and up)	<u>Adults only Kickboxing</u> (ages 18 and up)
	6:30 – 7:15 pm	6:00 – 7:00 pm	6:30 – 7:15 pm	6:00 – 7:00 pm	5:30 – 6:30 pm		
	<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 6-10 (All levels)		
	7:15 – 8:00 pm	7:00 – 8:00 pm	7:15 – 8:00 pm	7:00 – 8:00 pm	6:30-7:30		
	<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>Hawaiian KENPO</u> Ryu - Dojo DEMO TEAM		
	8:00 – 9:00 pm	8:00 – 10:00 pm	8:00 – 9:00 pm	8:00 – 10:00 pm	7:30 – 9:00 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	<u>Kickboxing/M.Thai</u> (sparring class only) Drop in of \$20.00 per class		