

TRIUNITY MARTIAL ARTS STUDIOS

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ADULT & CHILDREN RANKS: BEGINNER = WHITE & YELLOW / INTERMEDIATE = ORANGE, PURPLE & BLUE / ADVANCED = GREEN, BROWN & BLACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p>10:00AM-11:00AM Hawaiian KENPO CHILDREN All Levels</p> <p>11:00AM-12:00PM Hawaiian Kenpo CHILDREN Blue/Green/Brown</p> <p>12:00 PM -1:00PM SPARRING CHILDREN ALL BELT LEVELS</p> <p>1:00PM-2:30PM BOOT CAMP TEENS & ADULTS ALL BELT LEVELS</p> <p>3:00-4:00PM BJJ FREE rolling TEENS & ADULTS ALL BELT LEVELS</p>
<p>3:30PM -4:00PM BASICS 5 YRS. TO 7 YRS OLD LIL' TIKES</p> <p>4:00PM -4:45PM Hawaiian KENPO CHILDREN TRIAL & WHITE</p> <p>4:45PM -5:30PM Hawaiian KENPO CHILDREN ORANGE TO BLUE</p> <p>5:30PM -6:15PM Hawaiian KENPO CHILDREN WHITE TO YELLOW</p> <p>6:30PM -7:30PM Hawaiian KENPO TEENS & ADULTS Beginner</p> <p>7:30PM -8:30PM CARDIO KICK-BOXING TEENS & ADULTS ALL LEVELS</p> <p>8:30PM -9:30PM UECHI RYU KARATE TEENS & ADULTS ALL LEVELS</p>	<p>3:45:00PM -4:45PM Hawaiian KENPO CHILDREN GREEN TO BROWN</p> <p>4:45PM -5:30PM Hawaiian KENPO CHILDREN ORANGE TO BLUE</p> <p>5:30PM -6:15PM Hawaiian KENPO CHILDREN WHITE TO YELLOW</p> <p>6:30PM -7:30PM Brazilian Ju-jitsu TEENS & ADULTS All levels</p> <p>7:30PM -8:30PM M.M.A/Muay Thai TEENS & ADULTS ALL LEVELS</p> <p>8:30PM -9:30PM Hawaiian KENPO TEENS & ADULTS Beginner</p>	<p>3:30PM -4:00PM BASICS 5 YRS. TO 7 YRS OLD LIL' TIKES</p> <p>4:00PM -4:45PM Hawaiian KENPO CHILDREN TRIAL & WHITE</p> <p>4:45PM -5:30PM Hawaiian KENPO CHILDREN ORANGE TO BLUE</p> <p>5:30PM -6:15PM Hawaiian KENPO CHILDREN WHITE TO YELLOW</p> <p>6:30PM -7:30PM Hawaiian KENPO TEENS & ADULTS Beginner</p> <p>7:30PM -8:30PM CARDIO KICK-BOXING TEENS & ADULTS ALL LEVELS</p> <p>8:30PM -9:30PM UECHI RYU KARATE TEENS & ADULTS ALL LEVELS</p>	<p>3:45:00PM -4:45PM Hawaiian KENPO CHILDREN GREEN TO BROWN</p> <p>4:45PM -5:30PM Hawaiian KENPO CHILDREN ORANGE TO BLUE</p> <p>5:30PM -6:15PM Hawaiian KENPO CHILDREN WHITE TO YELLOW</p> <p>6:30PM -7:30PM Brazilian Ju-jitsu TEENS & ADULTS All levels</p> <p>7:30PM -8:30PM M.M.A/Muay Thai TEENS & ADULTS ALL LEVELS</p> <p>8:30PM -9:30PM Hawaiian KENPO TEENS & ADULTS Advanced</p>	<p>3:45:00PM -4:45PM Hawaiian KENPO CHILDREN GREEN TO BROWN</p> <p>4:45PM -5:30PM Hawaiian KENPO CHILDREN ORANGE TO BLUE</p> <p>5:30PM -6:30PM Hawaiian KENPO CHILDREN WEAPONS (Beginner)</p> <p>6:30PM -7:30PM Hawaiian KENPO Children and Adults WEAPONS (Advanced)</p> <p>8:30PM -9:30PM UECHI RYU KARATE TEENS & ADULTS ALL LEVELS</p>	

Live your life
to the fullest
and embrace
all your
dreams.

You CAN
do it!



OFFICE HOURS: 3:00PM TO 9:00PM MONDAY TO THURSDAY, 3:00PM TO 8:00PM FRIDAYS AND 10:00AM TO 6:00PM SATURDAYS CLOSED SUNDAYS and STAT. HOLIDAYS