

TRIUNITY MARTIAL ARTS STUDIOS

4A-15685 FRASER HIGHWAY, SURREY, BRITISH COLUMBIA, CANADA

778-578-0088

www.triunitymartialarts.com

triunitymartialarts@telus.net 2011 schedule

SCHEDULE 2011

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>9:30PM -10:30PM 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>6:15PM -7:45PM Brazilian Ju-jitsu TEENS & ADULTS All levels</p> <p>7:45PM -8:30PM Hawaiian KENPO CHILDREN WHITE TO YELLOW</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>9:30PM -10:30PM UECHI RYU KARATE TEENS & ADULTS ALL LEVELS</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 KICK-BOXING TEENS & ADULTS ALL LEVELS</p> <p>8:30PM -9:30PM Hawaiian KENPO TEENS & ADULTS Advanced</p>	<p>8:30PM -9:30PM UECHI RYU KARATE TEENS & ADULTS ALL LEVELS</p>	<p>11:00AM-12:00PM Hawaiian KENPO CHILDREN ALL LEVELS</p> <p>12:00 PM -1:00PM SPARRING CHILDREN ALL LEVELS</p> <p>1:00PM-2:30PM BOOT CAMP TEENS & ADULTS ALL LEVELS</p> <p>3:00-4:30PM BJJ FREE rolling TEENS & ADULTS ALL BELT LEVELS</p> <p>4:00PM -5:30PM Brazilian Ju-jitsu TEENS AND ADULTS ALL LEVELS</p> <p>5:30PM-6:30PM Haidong Gumdo TEENS & ADULTS ALL BELT 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, 6:30 PM TO 8:00PM FRIDAYS AND 10:00AM TO 6:00PM SATURDAYS CLOSED SUNDAYS and STAT. HOLIDAYS