

# 2025 Schedule

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM - 10:00AM	Cardio Kickboxing	Boot Camp	Cardio Kickboxing	Boot Camp	Cardio Kickboxing	
11:00AM - 1:00PM	Fight Team (Invite Only)	Fight Team (Invite Only)	Fight Team (Invite Only)	Fight Team (Invite Only)	Fight Team (Invite Only)	Fight Team (Invite Only)
12:00PM - 1:30PM	Brazilian JiuJitsu All Levels		Brazilian JiuJitsu All Levels		Brazilian JiuJitsu All Levels	
4:30PM - 5:15PM Left Mat	Lil Dragons Hawaiian Kempo (Age 3-4)	Lil Dragons Hawaiian Kempo (Age 3-4)	Lil Dragons Hawaiian Kempo (Age 3-4)	Lil Dragons Hawaiian Kempo (Age 3-4)	Lil Dragons Hawaiian Kempo (Age 3-4)	
4:30PM - 5:00PM Rear	30 Minute Burn	30 Minute Burn	30 Minute Burn	30 Minute Burn		
5:15PM - 6:00PM Left Mat	Kids Hawaiian Kempo Level 1 (Age 5-7)	Kids BJJ-Beginner (Age 7-15) (to 6:15pm)	Kids Hawaiian Kempo Level 1 (Age 5-7)	Kids BJJ-Beginner (Age 7-15) (to 6:15pm)	Kids Hawaiian Kempo Level 1 (Age 5-7)	
Right Mat	Kids Hawaiian Kempo Level 2 (Age 8-11)	Women's Cardio Kickboxing (to 6:15pm)	Kids Hawaiian Kempo Level 2 (Age 8-11)	Women's Cardio Kickboxing (to 6:15pm)	Kids Hawaiian Kempo Level 2 (Age 8-11)	
Rear		Teen Conditioning (Age 12-17)		Teen Conditioning (Age 12-17)		
6:15PM - 7:15PM Left Mat	Kids Hawaiian Kempo Level 3 (Age 12-14)	Kids BJJ-Advanced (Age 7-15)	Kids Hawaiian Kempo Level 3 (Age 12-14)	Kids BJJ-Advanced (Age 7-15)	Kids Hawaiian Kempo Level 3 (Age 12-14)	
Right Mat	Cardio Kickboxing	Heavy Bag Hustle	Cardio Kickboxing	Heavy Bag Hustle	Cardio Kickboxing	
Rear		Boot Camp		Boot Camp		
7:00PM - 8:30PM Left Mat	Brazilian JiuJitsu All Levels		Brazilian JiuJitsu All Levels		Brazilian JiuJitsu All Levels	
7:15PM - 8:15PM Right Mat	Hawaiian Kempo Level 1	Grappling-Level 2 (Invite Only)	Hawaiian Kempo Level 1	Grappling-Level 2 (Invite Only)	Hawaiian Kempo Level 1	
Left Mat		Muay Thai		Muay Thai		
Rear		Boot Camp		Boot Camp		
8:15PM - 9:15PM Right Mat	Hawaiian Kempo Level 2 (Invite Only)	Grappling-Level 1	Hawaiian Kempo Level 2 (Invite Only)	Grappling-Level 1	Hawaiian Kempo Level 2 (Invite Only)	