

2024 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 (Invitation Only)	Fight Team (Invitation Only)	Fight Team (Invitation Only)	Fight Team (Invitation Only)	Fight Team (Invitation Only)	
12:00PM - 1:30PM	Brazilian JiuJitsu All Levels		Brazilian JiuJitsu All Levels		Brazilian JiuJitsu All Levels	Fight Team (Invitation Only)
4:30PM - 5:15PM (Mat#1)	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)	
5:15PM - 6:00PM (Mat#1)	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)	
5:15PM - 6:00PM (Mat#1)	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)	
6:15PM - 7:00PM (Mat#1)	Kids Hawaiian Kempo Level 3 (Age 12-14)	Kids BJJ-Advanced (Age 7-15) (to 7:15pm)	Kids Hawaiian Kempo Level 3 (Age 12-14)	Kids BJJ-Advanced (Age 7-15) (to 7:15pm)	Kids Hawaiian Kempo Level 3 (Age 12-14)	
6:15PM - 7:15PM (Mat#2)	Cardio Kickboxing	Boot Camp	Cardio Kickboxing	Boot Camp	Cardio Kickboxing	
7:00PM - 8:30PM (Mat#1)	Brazilian JiuJitsu All Levels		Brazilian JiuJitsu All Levels		Brazilian JiuJitsu All Levels	
7:15PM - 8:15PM (Mat #1)		Muay Thai		Muay Thai		
7:15PM - 8:15PM (Mat #2)	Hawaiian Kempo Level 1		Hawaiian Kempo Level 1		Hawaiian Kempo Level 1	
8:15PM - 9:15PM (Mat#1)	Hawaiian Kempo Level 2	Grappling All Levels	Hawaiian Kempo Level 2	Grappling All Levels	Hawaiian Kempo Level 2	