Spring/Summer 2021 Schedule MMA & FITNES **MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY** 9:00 AM - 10:00AM **Cardio Kickboxing Boot Camp Cardio Kickboxing Boot Camp Cardio Kickboxing** Fight Team Fight Team Fight Team Fight Team Fight Team 10:30AM - 11:30AM (Invitation Only) (Invitation Only) (Invitation Only) (Invitation Only) (Invitation Only) Brazilian JiuJitsu Brazilian JiuJitsu Brazilian JiuJitsu Fight Team 12:00PM - 1:30PM All Levels All Levels All Levels (Invitation Only) Lil Dragons **Lil Dragons Lil Dragons Lil Dragons** Lil Dragons. 4:30PM - 5:15PM **Hawaiian Kempo Hawaiian Kempo** Hawaiian Kempo **Hawaiian Kempo** Hawaiian Kempo (Mat#1) (Age 3-5) (Age 3-5) (Age 3-5) (Age 3-5) (Age 3-5) **Kids BJJ Kids BJJ** 5:15PM - 6:00PM Kids Hawaiian Kempo Kids Hawaiian Kempo Kids Hawaiian Kempo (Age 7-15) (Age 7-15) (Mat#1) (Age 6-8) (Age 6-8) (Age 6-8) (to 6:15PM) (to 6:15PM) 5:15PM - 6:15PM **Kids Hawaiian Kempo Women's Cardio** Kids Hawaiian Kempo **Women's Cardio** Kids Hawaiian Kempo (Mat#2) **Kickboxing Kickboxing** (Age 9-11) (Age 9-11) (Age 9-11) 6:15PM - 7:00PM Kids Hawaiian Kempo **Kids Hawaiian Kempo Kids Hawaiian Kempo** (Mat#1) (Age 12-14) (Age 12-14) (Age 12-14) 6:15PM - 7:15PM **Cardio Kickboxing Boot Camp Cardio Kickboxing Cardio Kickboxing Boot Camp** (Mat#2) 7:00PM - 8:30PM Brazilian JiuJitsu Brazilian JiuJitsu Brazilian JiuJitsu (Mat#1) All Levels All Levels All Levels 7:15PM - 8:15PM **Muay Thai Muay Thai** (Mat #1) 7:15PM - 8:15PM Hawaiian Kempo Hawaiian Kempo Hawaiian Kempo **Boot Camp Boot Camp** Level 1 Level 1 Level 1 (Mat #2) 8:15PM - 9:15PM **Hawaiian Kempo Grappling** Hawaiian Kempo Grappling Hawaiian Kempo Level 2 **All Levels** Level 2 All Levels Level 2 (Mat#1)