



Sonson Progressive Martial Arts Academy

Modern Traditional Karate/ Freestyle/ Kick-Boxing / Self-Defense

Classes	Monday	Tuesday	Wednesday	Thursday	Friday
Lil'Dragons ages 4-6		3:15 PM to 3:45 PM		3:15 PM to 3:45 PM	
Kids ages 7-12		3:45 PM to 4:30 PM		3:45 PM to 4:30 PM	
Teens/Adults ages 13-up		4:30 PM to 5:15 PM		4:30 PM to 5:15 PM	



New Life BJJ Kona

Jiu-jitsu/ Self-Defense

Classes	Monday	Tuesday	Wednesday	Thursday	Friday
Keiki Jiu-jitsu ages 6-12	3:45 PM to 4:30 PM		4:15 PM to 5:15 PM		
Teens/Adults ages 13-up	5:30 PM to 7:00 PM		5:30 PM to 7:00 PM		