Trinity Martial Arts — Class Schedule

Sport. Art. Self-Defense.

Effective
Tue, Apr 7 2026

MONDAY

10:00 AM–10:45 AM
Teen/Adult All Rank

4:00 PM–4:30 PM
Lil' Ninjas

4:30 PM–5:10 PM
White Belt Children

5:10 PM–5:50 PM
Orange Belt Children

5:50 PM–6:30 PM
Green Belt Children

6:30 PM–7:10 PM
Red Belt Children

7:10 PM–7:50 PM
Teen/Adult Color Belts

7:50 PM–8:30 PM
All Ages Black Belt

TUESDAY

4:00 PM–4:30 PM
Lil' Ninjas

4:30 PM–5:10 PM
Orange Belt Children

5:10 PM–5:50 PM
Green Belt Children

5:50 PM–6:30 PM
White Belt Children

6:30 PM–7:10 PM
Red Belt Children

7:10 PM–7:50 PM
All Ages Black Belt

7:50 PM–8:30 PM
Teen/Adult Color Belts

WEDNESDAY

10:00 AM–10:45 AM
Teen/Adult All Rank

4:00 PM–4:30 PM
Lil' Ninjas

4:30 PM–5:10 PM
White Belt Children

5:10 PM–5:50 PM
Orange Belt Children

5:50 PM–6:30 PM
Green Belt Children

6:30 PM–7:10 PM
Red Belt Children

7:10 PM–7:50 PM
Teen/Adult Color Belts

7:50 PM–8:30 PM
All Ages Black Belt

THURSDAY

4:00 PM–4:30 PM
Lil' Ninjas

4:30 PM–5:10 PM
Orange Belt Children

5:10 PM–5:50 PM
Green Belt Children

5:50 PM–6:30 PM
White Belt Children

6:30 PM–7:10 PM
Red Belt Children

7:10 PM–7:50 PM
All Ages Black Belt

7:50 PM–8:30 PM
Teen/Adult Color Belts

FRIDAY

10:00 AM–10:45 AM
Teen/Adult All Rank

4:00 PM–4:30 PM
Lil' Ninjas

4:30 PM–5:10 PM
White Belt Children

5:10 PM–5:50 PM
Orange Belt Children

5:50 PM–6:30 PM
Green Belt Children

6:30 PM–7:10 PM
Red/Black Belt Children

7:10 PM–7:50 PM
Teen/Adult All Rank

Please check our monthly calendar for special events

SATURDAY

NON-SPARRING WEEK

8:30 AM–9:15 AM
All Ages Black Belt

9:15 AM–10:00 AM
Teen/Adult Color Belts

10:00 AM–10:45 AM
White/Orange Children

10:45 AM–11:30 AM
Green/Red Children

11:30 AM–12:15 PM
Sparring: All Ages/Ranks

DURING SPARRING WEEK

9:15 AM–10:00 AM
Teen/Adult All Rank

10:00 AM–10:45 AM
White Belt Children

10:45 AM–11:30 AM
Orange/Green Children

11:30 AM–12:15 PM
Red/Black Children

White · Orange · Green · Red · Black

(845) 592-0519 TrinityMartialArtsNY.com 2531 Route 52, Hopewell Junction, NY 12533