

National **H**apkido **C**enter **Martial Arts & Fitness**

10885 Los Alamitos Blvd., Los Alamitos, CA 90720

www.nhcfitness.com

562-370-0820

Class Schedule 2024

Effective April 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hapkido LITTLE NINJAS (ages 4-6)	3:00-3:30pm	3:00-3:30pm	3:00-3:30pm	3:00-3:30pm		
Hapkido PEE WEE /KID (ages 6-11)	3:30-4:15pm	3:30-4:15pm	3:30-4:15pm	3:30-4:15pm		
Hapkido TEENS(all belts) Pee wee & Kids (red belt & above)	5:15-6:00pm	5:15-6:00pm	5:15-6:00pm	5:15-6:00pm		
KICKBOXING (Gloves Required)	9:00-10:00am 4:15-5:15pm 6:00-7:00pm	4:15-5:15pm	9:00-10:00am 4:15-5:15pm 6:00-7:00pm	4:15-5:15pm	9:00-10:00am	10:00-11:00am
Taebo (Cardio Aerobics)		6:00-7:00pm		6:00-7:00pm		9:00-10:00am
BJJ/ Self Defense	7:30-8:45pm	7:30-8:45pm	7:30-8:45pm	7:30-8:45pm		
Muay Thai (Gloves Required)	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm		
Private Training	<p><i>Private training available based on instructors' & mat space availability. 24-hour notice required for cancelations. Thank You.</i></p> <p style="text-align: center;">Coach Ross (Private Jiu Jitsu) 323-396-4206 Coach Sayla (Private all martial arts, fitness) 562-233-3127 Coach Bee (Private Muay Thai) 714-559-1514</p>					