

**N**ational **H**apkido **C**enter **Martial Arts & Fitness**

10885 Los Alamitos Blvd., Los Alamitos, CA 90720

[www.nhcfitness.com](http://www.nhcfitness.com)

TEXT 562-370-0820

CALL 562-430-5263

# Class Schedule 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Hapkido LITTLE NINJAS (ages 4-6)</b>	3:00-3:30pm	3:00-3:30pm	3:00-3:30pm	3:00-3:30pm		
<b>Hapkido PEE WEE /KID (ages 6-12)</b>	3:30-4:15pm 4:15pm-5pm	3:30-4:15pm 4:15pm-5pm	3:30-4:15pm 4:15-5pm	3:30-4:15pm 4:15-5pm		
<b>Hapkido TEENS(all belts) Pee wee &amp; Kids (red belt &amp; above)</b>	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm		
<b>KICKBOXING (Gloves Required)</b>	9:00-9:55am 5:00-5:55pm 7:00-7:55pm	9:00-9:55am 5:00-5:55pm 7:00-7:55pm	9:00-9:55am 5:00-5:55pm 7:00-7:55pm	9:00-9:55am 5:00-5:55pm 7:00-7:55pm	9:00-9:55am	10:00-10:55am
<b>Taebo (Cardio Aerobics)</b>	6:00-6:45pm	6:00-6:45pm		6:00-6:45pm		9:00-9:45am
<b>Conditioning</b>			6:00-6:45pm			
<b>BJJ/ Self Defense</b>	7:30-8:45pm	7:30-8:45pm	7:30-8:45pm	7:30-8:45pm		
<b>BJJ/ Wrestling</b>			ADULTS 6-7:20pm	KIDS 5:45-6:30pm	ADULTS 6-7:20pm	KIDS 1:30-2:15pm ADULTS 2-3:30pm
<b>Muay Thai (Gloves Required)</b>	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm		
<b>Private Training</b>	Private training available based on instructors' & mat space availability. 24-hour notice required for cancelations. Thank You. Coach Ross (Private Jiu Jitsu) 323-396-4206 Coach John (BJJ/Wrestling) 562-230-5121 Coach Sayla (Private all martial arts, fitness) 562-233-3127 Coach Bee (Private Muay Thai) 714-559-1514					