

**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 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LITTLE NINJAS</b>	3:00-3:45pm 4:00-4:45pm	3:00-3:45pm	3:00-3:45pm 4:00-4:45pm	3:00-3:45pm	3:00-3:45pm	
<b>PEE WEE /KID</b>	3:00-3:45pm 4:00-4:45pm	3:00-3:45pm 4:00-4:45pm	3:00-3:45pm 4:00-4:45pm	3:00-3:45pm 4:00-4:45pm	3:00-3:45pm	
<b>ADULT Hapkido</b>	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm		
<b>KICKBOXING</b> (Gloves Required) <i>online &amp; In-Person</i>	9:00-9:45am 5:00-5:45pm 7:00-7:45pm	9:00-9:45am 4:00-4:45pm 7:00-7:45pm	9:00-9:45am 5:00-5:45pm 7:00-7:45pm	9:00-9:45am 4:00-4:45pm 7:00-7:45pm	9:00-9:45am	10:00-10:45pm
<b>Taebo</b> (Cardio Aerobics) <i>online &amp; In-Person</i>	6:00-7:00pm	6:00-7:00pm		6:00-7:00pm		9:00-10:00am
<b>Pads Class</b> (Gloves Required)						
<b>Conditioning</b>			6:00-6:45pm			
<b>BJJ</b>	8:00-9:15pm	5:45-7:00pm		5:45-7:00pm		
<b>Muay Thai</b> (Gloves Required)	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 Sayla (Private all martial arts, fitness) 562-233-3127 Coach Bee (Private Muay Thai) 714-559-1514					

