

# National Hapkido Center Martial Arts & Fitness

10885 Los Alamitos Blvd., Los Alamitos, CA 90720

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

(562) 430-5263

## Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LITTLE NINJAS</b> (ages 4-6 boys & girls Pre-K & Kindergarten)	3:30-4:00pm 5:00-5:30pm	3:30-4:00pm 5:00-5:30pm	3:30-4:00pm 5:00-5:30pm	3:30-4:00pm 5:00-5:30pm			
<b>PEE WEE Hapkido</b> (ages 6-9 boys & girls)	3:30-4:15pm 4:15-5:00pm	3:30-4:15pm 4:15-5:00pm	3:30-4:15pm 4:15-5:00pm  5:00-5:45pm <b>SPARRING*</b> (Yellow & higher)	3:30-4:15pm 4:15-5:00pm	4:15-5:00pm <b>GRAPPLING</b> (Open ALL Belts)  5:00-7:00pm <b>Black Belt Prep</b> (Jr.Black Belt &up)	10am-10:45am <b>PADDED SWORD</b> (Open ALL Belts)	
<b>KID Hapkido Program</b> (ages 9-14) & <b>Pee Wee Black Belts</b>	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm <b>CONDITIONING</b>  5:00-5:45pm <b>SPARRING*</b> (Yellow & higher)  5:45-6:45pm <b>GRAPPLING</b> (Open ALL Belts)	5:00-5:45pm	4:15-5:00pm <b>GRAPPLING</b> (Open ALL Belts)  5:00-7:00pm <b>Black Belt Prep</b> (Jr.Black Belt &up)	9:15-10:00am <b>PADDED SWORD</b> (Open ALL Belts)	
<b>Hapkido Make-Up Class</b> (Pee Wee & Kid Students)	6:45-7:15pm	6:45-7:15pm	6:45-7:15pm	6:45-7:15pm			
<b>ADULT Hapkido Program</b> (high-school age & up)	6:45-7:45pm	6:45-7:45pm	6:45-7:45pm  5:45-6:45pm <b>GRAPPLING</b> (Open ALL Belts)	6:45-7:45pm	5:00-7:00pm <b>Black Belt Prep</b> (Jr.Black Belt &up)	9:00-10:00am	
<b>Fitness Thai Kickboxing</b> (high-school age & up)	8:00-9:00am 9:00-10:00am 4:00-5:00pm 5:45-6:45pm 7:45-8:45pm  5:45-6:45pm Thai Pads/Mitts	8:00-9:00am 9:00-10:00am 4:00-5:00pm 5:45-6:45pm 7:45-8:45pm	8:00-9:00am 9:00-10:00am 4:00-5:00pm 5:45-6:45pm 7:45-8:45pm	8:00-9:00am 9:00-10:00am 4:00-5:00pm 5:45-6:45pm 7:45-8:45pm	8:30-9:30am 4:00-5:00pm  8:30-9:30am Thai Pads/Mitts	8:00-9:00am 10:00-11:00am	
<b>Tae Bo® Cardio Kickboxing</b>	6:45-7:30pm	5:45-6:45pm	6:45-7:30pm	5:45-6:45pm		8:00-9:00am	
<b>Muay Thai</b>	7:30-9:00pm	7:30-9:00pm	7:30-9:00pm	7:30-9:00pm			
<b>Leadership Team &amp; Staff</b>	3:15pm Staff	3:15pm Staff	3:15pm Staff	3:15pm Staff	3:15-4:15pm		
<b>Ninja Birthday Parties</b> (By Reservation Only)	Our Parties book approximately 3-4 months in advance. Reserve your Ninja Birthday Party!!! See our flyer for more information.					12noon-1:30pm 2:30-4:00pm	
<b>Private Training</b>	Private training available based on instructors' & mat space availability. Kindly give 24 hours notice if need to reschedule.						