

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

10885 Los Alamitos Blvd., Los Alamitos, CA 90720

www.nhcfitness.com

TEXT 562-370-0820

CALL 562-430-5263

Class Schedule 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hapkido LITTLE NINJAS	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	
Hapkido PEE WEE /KID	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	
Hapkido Adults (all belts) Peewee & Kids (red belt & above)	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm		
KICKBOXING (Gloves Required) online & In-Person	9:00-9:45am 5:00-5:45pm 7:00-7:45pm	9:00-9:45am 5:00-5:45pm 7:00-7:45pm	9:00-9:45am 5:00-5:45pm 7:00-7:45pm	9:00-9:45am 5:00-5:45pm 7:00-7:45pm	9:00-9:45am	10:00-10:45pm
Taebo (Cardio Aerobics) online & In-Person	6:00-6:45pm	6:00-6:45pm		6:00-6:45pm		9:00-9:45am
Pads Class (Gloves Required)						
Conditioning			6:00-6:45pm			
BJJ	5:45-7:00pm	5:45-7:00pm		5:45-7:00pm		
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>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>					