

National Hapkido Center Martial Arts & Fitness

10885 Los Alamitos Blvd., Los Alamitos, CA 90720

www.nhcfitness.com

(562) 430-5263

Class Schedule 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LITTLE NINJAS (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			
PEE WEE Hapkido (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 SPARRING* (Yellow & higher)	3:30-4:15pm 4:15-5:00pm	4:15-5:00pm GRAPPLING (Open ALL Belts) 5:00-6:00pm SPARRING/ GRAPPLING (yellow & higher)	9-10am Conditioning Class (open all belts) 10am-10:45am PADDED SWORD (Open ALL Belts)	
KID Hapkido Program (ages 9-14) & Pee Wee Black Belts	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm CONDITIONING 5:00-5:45pm SPARRING* (Yellow & higher)	5:00-5:45pm	4:15-5:00pm GRAPPLING (Open ALL Belts) 5:00-6:00pm SPARRING/ GRAPPLING (yellow & higher)	9-10am Conditioning Class (open all belts) 9:15-10:00am PADDED SWORD (Open ALL Belts)	
Hapkido Make-Up Class (Pee Wee & Kid Students)	6:45-7:15pm	6:45-7:15pm	6:45-7:15pm	6:45-7:15pm			
ADULT Hapkido Program (high-school age & up)	6:45-7:45pm	9:00-10:00am 6:45-7:45pm	6:45-7:45pm SPARRING DRILLS* (requires gloves & shin guards)	9:00-10:00am 6:45-7:45pm	5:00-6:00pm SPARRING/ GRAPPLING (yellow & higher)	9:00-10:00am 9-10am Conditioning Class (open all belts)	
Fitness Thai Kickboxing (high-school age & up) **Requires Gloves	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 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 5:45-6:45pm Thai Pads/Mitts	8:00-9:00am 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 9-10am Conditioning Class (all students of NHC welcome)	
Taebo (Cardio Aerobics)	6:45-7:45pm	5:45-6:45pm		5:45-6:45pm		8:00-9:00am	
Fitness Circuit Training			6:00-7:00pm				
Muay Thai	7:30-9:00pm	7:30-9:00pm (sparring 7pm)	7:30-9:00pm	7:30-9:00pm (sparring 7pm)			
Leadership Team & Staff					3:15-4:00pm		
Private Training	Private training available based on instructors' & mat space availability. Kindly give 24 hours notice if need to reschedule.						