

National Hapkido Center Martial Arts & Fitness

10885 Los Alamitos Blvd., Los Alamitos, CA 90720
 www.nhcfitness.com
 (562) 370-0820

Class Schedule 2025 Effective September 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hapkido LITTLE NINJAS (ages 4-6)	3:00 - 3:30pm	3:00 - 3:30pm	3:00 - 3:30pm	3:00 - 3:30pm		Yoga w/ Dre 8am \$10
Hapkido PEE WEE / KID (ages 6-11)	3:30 - 4:15pm	3:30 - 4:15pm	3:30 - 4:15pm	3:30 - 4:15pm		
Hapkido TEENS (all belts) Pee Wee & Kids (red belt & above)	5:15 - 6:00pm	4:15 - 5:00pm	5:15 - 6:00pm	4:15 - 5:00pm		
Shaolin Kempo, Kickboxing & J.K.D (teens & adults)		5:00 - 6:00pm		5:00 - 6:00pm		
Kickboxing (gloves required)	9:00 - 10:00am 4:15 - 5:15pm	6:00 - 7:00pm	9:00 - 10:00am 4:15 - 5:15pm	6:00 - 7:00pm	9:00 - 10:00am	10:00 - 11:00am
Taebo (cardio aerobics)	6:00 - 7:00pm		6:00 - 7:00pm			9:00 - 10:00am
B.J.J / Self Defense	7:30 - 8:45pm	7:30 - 8:45pm	7:30 - 8:45pm	7:30 - 8:45pm		
Muay Thai (gloves required)	7:00 - 8:30pm	7:00 - 8:30pm	7:00 - 8:30pm	7:00 - 8:30pm		
Private Training	Private training available based on instructions' & mat space availability. 24-hour notice required for cancelations. Thank you.		Coach Ross (Private Jiu Jitsu) (323) 396-4206 Coach / Instructor Sayla (Private all martial arts, fitness) (562) 233-3127 Coach Bee (Private Muay Thai) (714) 559-1514 Instructor Dre (Private Yoga) (562) 522-1834			