

SUN	MON	TUE	WED	THU	FRI	SAT
	Brazilian Jiu Jitsu 11:00 am to 12:30 pm (All Levels)	TKD Adults 9:00 am to 10:00 am (All Levels)	Brazilian Jiu Jitsu 11:00 am to 12:30 pm (All Levels)	TKD Adults 9:00 am to 10:00 am (All Levels)	Brazilian Jiu Jitsu 11:00 am to 12:30 pm (All Levels)	TKD Juniors 9:00 am to 9:45 am (All Levels)
TKD Little Ninjas 10:00 am to 10:30 am (All Levels)	TKD Juniors 3:30 pm to 4:15 pm (All Levels)	TKD Juniors 3:30 pm to 4:15 pm (All Levels)	TKD Juniors 3:30 pm to 4:15 pm (All Levels)	TKD Juniors 3:30 pm to 4:15 pm (All Levels)	TKD Juniors 3:30 pm to 4:15 pm (All Levels)	TKD Juniors Sparring 9:45 am to 10:30 am (Orange belt & up)
TKD Juniors Forms 10:30 am to 11:30 am (Green & up)	TKD Little Ninjas 4:30 pm to 5:00 pm (All Levels)	TKD Juniors 4:15 pm to 5:00 pm (All Levels)	TKD Little Ninjas 4:30 pm to 5:00 pm (All Levels)	TKD Juniors 4:15 pm to 5:00 pm (All Levels)	TKD Little Ninjas 4:30 pm to 5:00 pm (All Levels)	TKD Adults 10:30 am to 11:30 am (All Levels)
TKD Adults 11:30 am to 12:30 pm (All Levels)	TKD Juniors 5:00 pm to 5:45 pm (All Levels)	TKD Juniors Sparring 5:00 pm to 5:45 pm (Orange belt & up)	TKD Juniors Forms 5:00 pm to 5:45 pm (All Levels)	TKD Juniors 5:00 pm to 5:45 pm (All Levels)	TKD Juniors 5:00 pm to 5:45 pm (All Levels)	TKD Adults & Teens Forms 11:30 am to 12:30 pm (Red belt & up)
	TKD Juniors 5:45 pm to 6:30 pm (All Levels)	TKD Juniors 5:45 pm to 6:30 pm (All Levels)	TKD Juniors Sparring 5:45 pm to 6:30 pm (Orange belt & up)	TKD Juniors 5:45 pm to 6:30 pm (All Levels)	TKD Juniors Forms 5:45 pm to 6:30 pm (All Levels)	
		TKD Pre-Teen & Teen 5:45 pm to 6:30 pm (Purple & up)		TKD Pre-Teen & Teen 5:45 pm to 6:30 pm (Purple & up)		
	TKD Adults & Teens Sparring Drills 6:30 pm to 7:30 pm (All Levels)	TKD Adults 6:30 pm to 7:30 pm (All Levels)	TKD Adults & Teens Sparring Drills 6:30 pm to 7:30 pm (All Levels)	TKD Adults 6:30 pm to 7:30 pm (All Levels)	TKD Adults 6:30 pm to 7:30 pm (All Levels)	
	TKD Adults 7:30 pm to 8:30 pm (All Levels)	Brazilian Jiu Jitsu 7:30 pm to 8:30 pm (Beginners)	TKD Adults & Teens Forms 7:30 pm to 8:30 pm (All Levels)	Brazilian Jiu Jitsu 7:30 pm to 8:30 pm (Beginners)	Brazilian Jiu Jitsu 7:30 pm to 8:30 pm (All Levels)	
	Brazilian Jiu Jitsu 8:30 pm to 9:30 pm (All Levels)	Brazilian Jiu Jitsu 8:30 pm to 9:30 pm (Advanced)	Brazilian Jiu Jitsu 8:30 pm to 9:30 pm (All Levels)	Brazilian Jiu Jitsu 8:30 pm to 9:30 pm (Advanced)		

Little Ninjas Classes - 3 to 5 years
Juniors Classes - 6 to 12 years

Pre-Teen & Teen Classes - 10 to 16 (Purple belt & up)
Adults Classes - 12 years & up

5903 Sepulveda Blvd Suite A – Culver City, CA 90230 – 310.391.4950
www.LimaTaekwondo.com

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