



Lima Taekwondo & Martial Arts Academy

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|--|---|--|--|--|
| | BRAZILIAN JIU JITSU 10:30 am to 12:00 pm (All Levels) | | BRAZILIAN JIU JITSU 10:30 am to 12:00 pm (All Levels) | | | BRAZILIAN JIU JITSU 9:00 am to 10:30 am (All Levels) |
| | TKD Juniors 3:30 pm to 4:30 pm (All Levels) | TKD Juniors 3:30 pm to 4:30 pm (All Levels) | TKD Juniors 3:30 pm to 4:30 pm (All Levels) | TKD Juniors 3:30 pm to 4:30 pm (All Levels) | TKD Juniors 3:30 pm to 4:30 pm (All Levels) | |
| | TKD Juniors 4:30 pm to 5:30 pm (All Levels) | TKD Little Ninjas 4:30 pm to 5:15 pm (All Levels) | TKD Juniors Sparring 4:30 pm to 5:30 pm (Orange belt & up) | TKD Little Ninjas 4:30 pm to 5:15 pm (All Levels) | TKD Little Ninjas 4:30 pm to 5:15 pm (All Levels) | |
| Reserved for Belt Tests & Special classes Dates will be posted | TKD Juniors 5:30 pm to 6:30 pm (All Levels) | TKD Juniors 5:30 pm to 6:30 pm (All Levels) | TKD Juniors 5:30 pm to 6:30 pm (All Levels) | TKD Juniors Sparring 5:30 pm to 6:30 pm (Orange belt & up) | TKD Juniors 5:30 pm to 6:30 pm (All Levels) | Taekwondo Advanced Forms & Sparring 2:00pm- 5:00pm (Green Belt & up) |
| | TKD Adults 5:30 pm to 6:30 pm (All Levels) | | TKD Adults 5:30 pm to 6:30 pm (All Levels) | TKD Adults 5:30 pm to 6:30 pm (All Levels) | | |
| | TKD Juniors Sparring 6:30 pm to 7:30 pm (Orange belt & up) | | TKD Juniors 6:30 pm to 7:30 pm (All Levels) | TKD Juniors 6:30 pm to 7:30 pm (All Levels) | TKD Juniors 6:30 pm to 7:30 pm (All Levels) | |
| | TKD Adults Sparring 6:30 pm to 7:30 pm (Orange belt & up) | TKD Adults 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 6:30 pm to 7:30 pm (All Levels) | |
| | BRAZILIAN JIU JITSU 7:30 pm to 9:00 pm (All Levels) | | BRAZILIAN JIU JITSU 7:30 pm to 9:00 pm (All Levels) | BRAZILIAN JIU JITSU (No Gi) 7:30 pm to 9:00 pm (All Levels) | | |
| | | ESKRIMA 7:30 pm to 9:00 pm (All Levels) | | ESKRIMA 7:30 pm to 9:00 pm (All Levels) | | |

Little Ninjas Classes - 3 to 5 years

Juniors Classes - 6 to 12 years

Adults Classes - 12 years & up

(Harbor City Location)

1219 Lomita Blvd Ste 103 – Harbor City, CA 90710 - Phone: 310.530.0777

www.LimaTaekwondo.com

September 2018