



Lima Taekwondo & Martial Arts Academy

SUN	MON	TUE	WED	THU	FRI	SAT
	Cardio KickBoxing Privates Only		Cardio KickBoxing Privates Only		Cardio KickBoxing Privates Only	Cardio KickBoxing 8:30am – 10:00am (All Levels)
	BRAZILIAN JIU JITSU 10:30am - 12:00pm (All Levels)		BRAZILIAN JIU JITSU 10:30am - 12:00pm (All Levels)		BRAZILIAN JIU JITSU 10:30am - 12:00pm (All Levels)	BRAZILIAN JIU JITSU 9:00am - 10:30am (All Levels)
	TKD Juniors 3:30pm - 4:30pm (All Levels)	TKD Juniors 3:30pm - 4:30pm (All Levels)	TKD Juniors 3:30pm - 4:30pm (All Levels)	TKD Juniors 3:30pm - 4:30pm (All Levels)	TKD Juniors 3:30pm - 4:30pm (All Levels)	KARATE 10:30am - 12:30pm (All Levels)
	TKD Juniors 4:30pm - 5:30pm (All Levels)	TKD Little Ninjas 4:30pm - 5:15pm (All Levels)	TKD Juniors Sparring 4:30pm - 5:30pm (Orange belt & up)	TKD Little Ninjas 4:30pm - 5:15pm (All Levels)	TKD Little Ninjas 4:30pm - 5:15pm (All Levels)	TKD ADVANCED Forms & Sparring 2:00pm- 5:00pm (Green Belt & up)
	TKD Juniors 5:30pm - 6:30pm (All Levels)	TKD Juniors 5:30pm - 6:30pm (All Levels)	TKD Juniors 5:30pm - 6:30pm (All Levels)	TKD Junior Sparring 5:30pm - 6:30pm (Orange belt & up)	TKD Juniors 5:30pm - 6:30pm (All Levels)	
	TKD Adults 5:30pm - 6:30pm (All Levels)	KARATE 5:30pm - 7:30pm (All Levels)	TKD Adults 5:30pm - 6:30pm (All Levels)	TKD Adults 5:30pm - 6:30pm (All Levels)	KARATE 5:30pm - 7:30pm (All Levels)	
	TKD Juniors Sparring 6:30pm - 7:30pm (Orange belt & up)		TKD Juniors 6:30pm - 7:30pm (All Levels)	TKD Juniors 6:30pm - 7:30pm (All Levels)	TKD Juniors 6:30pm - 7:30pm (All Levels)	
	TKD Adults Sparring 6:30pm - 7:30pm (Orange belt & up)	TKD Adults 6:30pm - 7:30pm (All Levels)	TKD Adults 6:30pm - 7:30pm (All Levels)	TKD Adults 6:30pm - 7:30pm (All Levels)	TKD Adults 6:30pm - 7:30pm (All Levels)	
	BRAZILIAN JIU JITSU 7:30pm - 9:00pm (All Levels)	ESKRIMA 7:30pm – 9:00pm (All Levels)	BRAZILIAN JIU JITSU 7:30pm - 9:00pm (All Levels)	ESKRIMA 7:30pm – 9:00pm (All Levels)		
	Muay Thai KickBoxing 6:30pm – 7:30pm		Muay Thai KickBoxing 6:30pm – 7:30pm	Muay Thai KickBoxing 6:30pm – 7:30pm		
	Muay Thai KickBoxing 7:30pm – 8:30pm		Muay Thai KickBoxing 7:30pm – 8:30pm	Muay Thai KickBoxing 7:30pm – 8:30pm		
	Muay Thai KickBoxing 8:00pm – 9:00pm		Muay Thai KickBoxing 8:00pm – 9:00pm	Muay Thai KickBoxing 8:00pm – 9:00pm		

Little Ninjas Classes - 3 to 5 years

Juniors Classes - 6 to 11 years

Teen/Adults Classes - 12 years & up

(Torrance Location)

1513 W. Sepulveda Blvd Suite A - Torrance, CA 90501 - Phone: 310.530.0777

www.LimaTaekwondo.com