



**(Harbor City Location)**

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

[www.LimaTaekwondo.com](http://www.LimaTaekwondo.com)

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Brazilian Jiu Jitsu</b> 10:30 am to 12:00 pm (All Levels)		<b>Brazilian Jiu Jitsu</b> 10:30 am to 12:00 pm (All Levels)			<b>Brazilian Jiu Jitsu NO GI</b> 9:00 am to 10:30 am (All Levels)
	<b>TKD Juniors</b> 3:30 pm to 4:20 pm (All Levels)	<b>TKD Juniors</b> 3:30 pm to 4:20 pm (All Levels)	<b>TKD Juniors</b> 3:30 pm to 4:20 pm (All Levels)	<b>TKD Juniors</b> 3:30 pm to 4:20 pm (All Levels)	<b>TKD Juniors</b> 3:30 pm to 4:20 pm (All Levels)	<b>WOMEN'S ONLY BJJ Fundamentals</b> 12:30 pm to 2:00 pm (All Levels)
<b>Reserved for Belt Tests &amp; Special classes</b>  Dates will be posted	<b>TKD Juniors</b> 4:30 pm to 5:20 pm (All Levels)	<b>TKD Little Ninjas</b> 4:30 pm to 5:15 pm (All Levels)	<b>TKD Juniors</b> 4:30 pm to 5:20 pm (All Levels)	<b>TKD Little Ninjas</b> 4:30 pm to 5:15 pm (All Levels)	<b>TKD Juniors</b> 4:30 pm to 5:20 pm (All Levels)	<b>Advanced &amp; Competition Forms Kicking Drills</b>  <b>2:00 pm to 5:00 pm (Red Belt &amp; up)</b>
	<b>TKD Juniors</b> 5:30 pm to 6:20 pm (All Levels)	<b>TKD Juniors</b> 5:30 pm to 6:20 pm (All Levels)	<b>TKD Juniors</b> 5:30 pm to 6:20 pm (All Levels)	<b>TKD Juniors</b> 5:30 pm to 6:20 pm (All Levels)	<b>TKD Juniors</b> 5:30 pm to 6:20 pm (All Levels)	
	<b>TKD Adults &amp; Teens</b> 6:30 pm to 7:20 pm (All Levels)	<b>TKD Adults &amp; Teens</b> 6:30 pm to 7:20 pm (All Levels)	<b>TKD Adults &amp; Teens</b> 6:30 pm to 7:20 pm (All Levels)	<b>Juniors/Teens/Adults TKD Sparring</b> 6:30 pm to 7:20 pm (Orange & up)	<b>TKD Adults &amp; Teens</b> 6:30 pm to 7:20 pm (All Levels)	
					<b>WOMEN'S ONLY BJJ Fundamentals</b> 6:00 pm to 7:30 pm (All Levels)	
	<b>Brazilian Jiu Jitsu</b> 7:30 pm to 9:00 pm (All Levels)	<b>ESKRIMA</b> 7:30 pm to 9:00 pm (All Levels)	<b>Brazilian Jiu Jitsu</b> 7:30 pm to 9:00 pm (All Levels)	<b>ESKRIMA</b> 7:30 pm to 9:00 pm (All Levels)		

Little Ninjas Classes - 3 to 5 years

Juniors Classes - 6 to 12 years

Teen/Adults Classes - 12 years & up