



(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
Reserved for  Belt Tests  &  Special classes	Private Lessons Available by Appointment	Private Lessons Available by Appointment	Private Lessons Available by Appointment	Private Lessons Available by Appointment	Private Lessons Available by Appointment	Private Lessons Available by Appointment
	Brazilian Jiu Jitsu 10:30 am to 12:00 pm (All Levels)	Private Lessons Available by Appointment	Brazilian Jiu Jitsu 10:30 am to 12:00 pm (All Levels)	Private Lessons Available by Appointment	Private Lessons Available by Appointment	Brazilian Jiu Jitsu NO GI 9:00 am to 10:30 am (All Levels)
	TKD Juniors 3:30 pm to 4:20 pm (All Levels)	TKD Juniors 3:30 pm to 4:20 pm (All Levels)	TKD Juniors 3:30 pm to 4:20 pm (All Levels)	TKD Juniors 3:30 pm to 4:20 pm (All Levels)	TKD Juniors 3:30 pm to 4:20 pm (All Levels)	WOMEN'S ONLY BJJ Fundamentals 12:30 pm to 2:00 pm (All Levels)
	TKD Juniors 4:30 pm to 5:20 pm (All Levels)	TKD Little Ninjas 4:30 pm to 5:15 pm (All Levels)	TKD Juniors 4:30 pm to 5:20 pm (All Levels)	TKD Little Ninjas 4:30 pm to 5:15 pm (All Levels)	TKD Juniors 4:30 pm to 5:20 pm (All Levels)	Advanced & Competition Forms Kicking Drills  2:00 pm to 5:00 pm (Red Belt & up)
	TKD Juniors 5:30 pm to 6:20 pm (All Levels)	TKD Juniors 5:30 pm to 6:20 pm (All Levels)	TKD Juniors 5:30 pm to 6:20 pm (All Levels)	TKD Juniors 5:30 pm to 6:20 pm (All Levels)	TKD Juniors 5:30 pm to 6:20 pm (All Levels)	
	TKD Adults & Teens 6:30 pm to 7:20 pm (All Levels)	TKD Adults & Teens 6:30 pm to 7:20 pm (All Levels)	TKD Adults & Teens 6:30 pm to 7:20 pm (All Levels)	Juniors/Teens/Adults TKD Sparring 6:30 pm to 7:20 pm (Orange & up)	TKD Adults & Teens 6:30 pm to 7:20 pm (All Levels)	
	Brazilian Jiu Jitsu 7:30 pm to 9:00 pm (All Levels)	Private Lessons Available by Appointment	Brazilian Jiu Jitsu 7:30 pm to 9:00 pm (All Levels)	Private Lessons Available by Appointment	WOMEN'S ONLY BJJ Fundamentals 6:00 pm to 7:30 pm (All Levels)	

Little Ninjas Classes - 3 to 5 years

Juniors Classes - 6 to 12 years

Teen/Adults Classes - 12 years & up

Follow us on Instagram @Lima\_martial\_arts