



(Harbor City Location)

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

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	Brazilian Jiu Jitsu NO GI 10:00 am to 11:25 am (All Levels)	
	TKD Juniors 3:30 pm to 4:25 pm (All Levels)	TKD Juniors 3:30 pm to 4:25 pm (All Levels)	TKD Juniors 3:30 pm to 4:25 pm (All Levels)	TKD Juniors 3:30 pm to 4:25 pm (All Levels)	TKD Juniors 3:30 pm to 4:25 pm (All Levels)	TKD Juniors 3:30 pm to 4:25 pm (All Levels)	Kids Jiu Jitsu CO-ED 8-12 yrs 11:30 am to 12:25 pm
	TKD Juniors 4:30 pm to 5:25 pm (All Levels)	TKD Little Ninjas 4:30 pm to 5:15 pm (All Levels)	TKD Juniors 4:30 pm to 5:25 pm (All Levels)	TKD Little Ninjas 4:30 pm to 5:15 pm (All Levels)	TKD Juniors 4:30 pm to 5:25 pm (All Levels)	TKD Juniors 4:30 pm to 5:25 pm (All Levels)	WOMEN'S ONLY BJJ Fundamentals 12:30 pm to 2:00 pm (All Levels)
	TKD Juniors 5:30 pm to 6:25 pm (All Levels)	TKD Juniors 5:30 pm to 6:25 pm (All Levels)	TKD Juniors 5:30 pm to 6:25 pm (All Levels)	TKD Juniors 5:30 pm to 6:25 pm (All Levels)	TKD Juniors 5:30 pm to 6:25 pm (All Levels)	Kids Jiu Jitsu CO-ED 8-12 yrs 5:00 pm to 5:55 pm	Advanced & Competition Forms Kicking Drills 2:00 pm to 5:00 pm (Red Belt & up)
	TKD Adults & Teens 6:30 pm to 7:25 pm (All Levels)	TKD Adults & Teens 6:30 pm to 7:25 pm (All Levels)	TKD Adults & Teens 6:30 pm to 7:25 pm (All Levels)	Juniors/Teens/Adults TKD Sparring 6:30 pm to 7:25 pm (Orange & up)	TKD Adults & Teens 6:30 pm to 7:25 pm (All Levels)	TKD Juniors 5:30 pm to 6:25 pm (All Levels)	
	Private Lessons Available by Appointment	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 7:25 pm (All Levels)		

Little Ninjas Classes - 3 to 5 years

Juniors Classes - 6 to 12 years

Teen/Adults Classes - 12 years & up

Instagram: @Lima_martial_arts

Instagram: @Women_Jiujitsu

Instagram: @Jiujitsu_lima_academy