|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sun  | Mon | Tues | Weds | Thurs | Fri | Sat |
| 9:30am |  |  | Kids Karate |  | Kids Karate |  | Combat Hapkido |
| 10am |  |  | Karate |  | Karate |  | Karate |
| 11am |  |  | Qigong Tai Chi |  | Junior Jiu Jitsu |  | Kids Karate |
| P |
| 4:30 |  | Kids Karate |  | Kids Karate |  |  |  |
| 5pm |  | Junior Jiu Jitsu |  | Demo Team |  |  |  |
| 5:30 |  |  | Advanced |  | Weapons |  |  |
| 6pm |  | Warrior Women | Karate |  | Karate |  |  |
| 7pm |  | The Workout | Combat Hapkido |  | Combat Hapkido |  |  |

**SEPTEMBER Check Facebook for class updates and workshops. Schedule and instructors may change.**

**Kids Karate: ages 4-7 (pink) 30 mins**

**Karate: Youth 11+ / Teen / Adults All Levels (yellow) 45/60 mins**

**Advanced: Brown and Above Tues/Thurs 5:30pm 30 mins**

**Weapons: Purple and Above Thurs 5:30pm 30 mins**

**Combat Hapkido: Teen and Adult 1 hour**

**Qigong Energy Movement: $10 45 mins**

**Junior Jiu Jitsu: Ages 8+ Youth and Teen**

**\*Seminars: Self Defense, Qigong Tai Chi, Kids Stranger Awareness/Bully Busting**

**Please message/call regarding Personal Training and Nutritional Guidance** [**www.PadmeGrace.com**](http://www.PadmeGrace.com)

**2103 Pacific Ave North - Long Beach - (360) 244-4322 -** [**www.P-IMA.com**](http://www.P-IMA.com) **Sensei Padme Grace –** **info@p-ima.com**