

Check Facebook for class updates and workshops.

This schedule and instructors can change at any time.

	Sun	Mon	Tues	Weds	Thurs	Fri	Sat
9am							Combat Hapkido
10am			Karate		Karate		Karate
11am							Kids Karate
4:30		Kids Karate	Kids Karate	Kids Karate	Kids Karate		
5:00		Karate Beg	Karate Adv	Karate Beg	Karate Adv Weapons		
6pm			Karate	Kickboxing Fitness	Karate		
7pm			Combat Hapkido		Combat Hapkido		

Kids Karate ages 5-7 (pink)

Karate ages Youth 8+ / Teen / Adults All Levels (yellow)

Advanced Karate: Brown and Above

*Weapons: Purple and Above

Combat Hapkido ages 12+



*Ladies Self Defense, Qigong Tai Chi, Kids Stranger Awareness/Bully Busting

Please message/call regarding Personal Training and Nutritional Guidance= www.PadmeGrace.com

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