



Koryo Martial Arts

1175 Main Street (Shaw's Plaza), Clinton
 978-365-2999
koryoma.com

Summer Schedule: 7/6-8/23/26

It's easy to get started...

Come in and watch a class – anytime!
 Take a **FREE** introductory class
 Try our Quick Start program –
 2 weeks of training and
 a free uniform for only **\$69**
 (only \$39 for kickboxing)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Adult Boot camp Bodyweight Class 9:00-10:00am
Little Dragons Obstacle course Drills 4:10 – 4:50	Little Dragons & Dragons sparring 4:10 – 4:50	High Rank Pre-Teens Curriculum/Forms 4:10-4:50pm	Little Dragons & Dragons Training drills 4:10 – 4:50		Black Belt Training 9:30-11:00am
High Rank Pre-Teens sparring 4:50 – 5:30	Dragons sparring 4:50 – 5:30	Dragons HIIT/drills 4:50 – 5:30	Dragons Training drills 4:50 – 5:30		little dragons 4 - 6 yrs old
Pre-Teens ~ all ranks sparring 5:30 – 6:10	High Rank Pre-Teens HIIT/drills 5:30 – 6:10	Adults red - black forms & TKD curriculum 5:30 – 6:10	Pre-Teens ~ all ranks HIIT & KB drills 5:30 – 6:10		dragons 7 - 9 yrs old
Pre-Teens ~ all ranks Adults white – br./red forms & TKD curriculum 6:15 – 7:00	Adults all ranks sparring 6:15 – 7:00	Adults red - black HIIT & KB drills 6:15 – 7:00	Adults white – br./red HIIT & KB drills 6:15 – 7:00		pre-teens 10 - 12 yrs old
Adult Strength & Kickboxing 7:05 – 8:05	Adults Kumdo 7:15 – 8:15	Adult Strength & Kickboxing 7:05 – 8:05	Adult Strength & Kickboxing 7:05 – 8:05		adults 13 yrs and up



Come celebrate your birthday at Koryo!
 Our birthday parties are unforgettable. Choose the package that's right for you and we'll do all the work.
Ask us for details.

