



Koryo Martial Arts

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

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
					Boot camp & Black Belt training 9:00-10:00
Little Dragons Obstacle course Drills 4:10 – 4:50	Little Dragons & Dragons sparring 4:10 – 4:50		Little Dragons & Dragons Training drills 4:10 – 4:50	Pre-Teens ~ high rank Curriculum/Forms 4:20-5:00pm	
Pre-Teens ~ high rank 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	Pre-Teens ~ low rank forms & TKD curriculum 5:00 – 5:40	Little Dragons 4 - 6 yrs old
Pre-Teens ~ low rank sparring 5:30 – 6:10	Pre-Teens ~ high rank HIIT/drills 5:30 – 6:10	Instructor Training 5:30-6:10	Pre-Teens ~ low rank HIIT & KB drills 5:30 – 6:10	Adults red - black forms & TKD curriculum 5:45 – 6:30	Dragons 7 - 9 yrs old
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. <i>Ask us for details.</i>				