



# Koryo Martial Arts

1175 Main Street (Shaw's Plaza), Clinton

978-365-2999

[koryoma.com](http://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
					<b>Boot camp &amp; Black Belt training 9:00-10:00</b>
<b>Little Dragons</b> Obstacle course Drills 4:10 – 4:50	<b>Little Dragons &amp; Dragons</b> sparring 4:10 – 4:50		<b>Little Dragons &amp; Dragons</b> Training drills 4:10 – 4:50	<b>Pre-Teens ~ high rank</b> Curriculum/Forms 4:20-5:00pm	
<b>Pre-Teens ~ high rank</b> sparring 4:50 – 5:30	<b>Dragons</b> sparring 4:50 – 5:30	<b>Dragons</b> HIIT/drills 4:50 – 5:30	<b>Dragons</b> Training drills 4:50 – 5:30	<b>Pre-Teens ~ low rank</b> forms & TKD curriculum 5:00 – 5:40	<b>Little Dragons</b> 4 - 6 yrs old
<b>Pre-Teens ~ low rank</b> sparring 5:30 – 6:10	<b>Pre-Teens ~ high rank</b> HIIT/drills 5:30 – 6:10	<b>Instructor Training</b> 5:30-6:10	<b>Pre-Teens ~ low rank</b> HIIT & KB drills 5:30 – 6:10	<b>Adults</b> red - black forms & TKD curriculum 5:45 – 6:30	<b>Dragons</b> 7 - 9 yrs old
<b>Adults</b> white – br./red forms & TKD curriculum 6:15 – 7:00	<b>Adults</b> all ranks sparring 6:15 – 7:00	<b>Adults</b> red - black HIIT & KB drills 6:15 – 7:00	<b>Adults</b> white – br./red HIIT & KB drills 6:15 – 7:00		<b>Pre-teens</b> 10 - 12 yrs old
<b>Adult Strength &amp; Kickboxing</b> 7:05 – 8:05	<b>Adults</b> Kumdo 7:15 – 8:15	<b>Adult Strength &amp; Kickboxing</b> 7:05 – 8:05	<b>Adult Strength &amp; Kickboxing</b> 7:05 – 8:05		<b>Adults</b> 13 yrs and up
<div>  <p>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></p>  </div>					