

Cooper's New England Martial Art's Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:45 - 5:15 TAEKWONDO Sparring Drills Ages 4-6	4:45 - 5:15 TAEKWONDO Conditioning Ages 4-6	4:45 - 5:15 TAEKWONDO Sparring Ages 4-6	4:45 - 5:15 TAEKWONDO Kicking Drills Ages 4-6	4:45 - 5:15 TAEKWONDO Poomsae Ages 4-6	9:00 - 10:00 AM Personal Training
5:30 - 6:15 TAEKWONDO Sparring Drills Ages 7-14	5:30 - 6:15 TAEKWONDO Conditioning Ages 7-14	5:30 - 6:15 TAEKWONDO Sparring Ages 7-14	5:30 - 6:15 TAEKWONDO Kicking Drills Ages 7-14	5:30 - 6:15 TAEKWONDO Poomsae Ages 7-14	10:00 - 11:00 AM *OPEN FLOOR (Adults Only)
6:15 - 7:00 TAEKWONDO Sparring Drills Adults / Ages 15+	6:15 - 7:00 TAEKWONDO Conditioning Adults / Ages 15+	6:15 - 7:00 TAEKWONDO Sparring Adults / Ages 15+	6:15 - 7:00 TAEKWONDO Kicking Drills Adults / Ages 15+	6:15 - 7:00 TAEKWONDO Poomsae Adults / Ages 15+	11:00 - NOON *OPEN FLOOR (Adults Only)
7:00 - 7:45 TAEKWONDO Sparring Drills Adults / Ages 15+	7:00 - 7:45 CARDIO KICKBOXING	7:00 - 7:45 TAEKWONDO Sparring Adults / Ages 15+	7:00 - 7:45 CARDIO KICKBOXING	7:00 - 8:00 Personal Training	*Open Floor is for students ages 10 and above only.
7:50 - 8:35 MMA Style: Muay Thai (Stand Up) Adults / Ages 16+	7:50 - 9:00 MMA Style: Valetudo (Ground D/O) Adults / Ages 16+	7:50 - 8:35 MMA Style: Muay Thai (Stand Up) Adults / Ages 16+	7:50 - 9:00 MMA Style: Valetudo (Ground D/O) Adults / Ages 16+		
*KIMURA 8:35 - 10:00 (See Below)	9:00 - 10:00 Personal Training	*KIMURA 8:35 - 10:00 (See Below)	9:00 - 10:00 Personal Training		

Sparring Gear Requirements

Taekwondo:

Helmet, Mouth Piece, Chest guard, Forearm guard, Shin & Instep guard

Mixed Martial Arts:

Helmet, Mouth Piece, Shin guard
MMA Gloves, Hand wraps optional

Kickboxing:

MMA Gloves, Hand wraps optional

*Kimura Brazilian Jujitsu School is **not** part of Cooper's New England Martial Arts. For information on KIMURA classes, please contact Marcos Silva Tel: 508-510-2303.