

Cooper's New England Martial Art's Class Schedule

201 Boston Post Rd., Ste G600 Marlborough, MA. Tel: (508) 303-3500 Website: Coopersmartialarts.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>9:00 - 9:45 AM</u> KICKBOXING Adults (14+)		<u>9:00 - 9:45 AM</u> KICKBOXING Adults (14+)		<u>9:00 - 10:00 AM</u> Private Appt only
<u>4:45 - 5:15 PM</u> TAEKWONDO Conditioning	<u>4:45 - 5:15 PM</u> TAEKWONDO Agility Training Ages 4-6	<u>4:45 - 5:15 PM</u> TAEKWONDO Sparring	<u>4:45 - 5:15 PM</u> TAEKWONDO Kicking Drills Ages 4-6	<u>4:45 - 5:15 PM</u> Private Appt only	<u>10:00 - 12:00 AM</u> *OPEN FLOOR (Adults Only)
<u>5:30 - 6:15 PM</u> TAEKWONDO Sparring Drills Ages 7-14	<u>5:30 - 6:15 PM</u> TAEKWONDO Conditioning Ages 7-14	<u>5:30 - 6:15 PM</u> TAEKWONDO Sparring Ages 7-14	<u>5:30 - 6:15 PM</u> TAEKWONDO Kicking Drills Ages 7-14	<u>5:30 - 6:15 PM</u> TAEKWONDO Poomsae Ages 7-14	<u>12:00 - 1:30 PM</u> Seasonal Competition Training
<u>6:15 - 7:00 PM</u> TAEKWONDO Sparring Drills Adults (15+)	<u>6:15 - 7:00 PM</u> TAEKWONDO Conditioning Adults (15+)	<u>6:15 - 7:00 PM</u> TAEKWONDO Sparring Adults (15+)	<u>6:15 - 7:00 PM</u> TAEKWONDO Kicking Drills Adults (15+)	<u>6:15 - 7:00 PM</u> TAEKWONDO Poomsae Adults (15+)	
<u>7:00 - 7:45 PM</u> TAEKWONDO <u>Black Belts</u> <u>ONLY</u>	<u>7:00 - 7:45 PM</u> KICKBOXING Adults (14+)	<u>7:00 - 7:45</u> TAEKWONDO Sparring Adults (15+)	<u>7:00 - 7:45 PM</u> KICKBOXING Adults (14+)		
<u>7:50 - 8:35 PM</u> MMA Muay Thai Adults (16+)	<u>7:50 - 8:35 PM</u> MMA Valetudo Adults (16+)	<u>7:50 - 8:35 PM</u> MMA Combat Training Adults (16+)	<u>7:50 - 8:35 PM</u> MMA Valetudo Adults (16+)	School Closures: During the winter months, if there is Snow in the forecast school maybe closed. Always call after 4:30 PM to ensure school is open prior to driving to school in snow.	
<u>2012 School Holidays:</u> 1/2 - 1/7 - New Years Week 1/16 - Martin Luther 2/20 President's Day 4/6 - Good Friday 5/28 - Memorial Day			<u>2012 School Holidays (Continued):</u> 7/2 - 7/7 (Summer Vacation) 9/3 - Labor Day 10/8 - Columbus Day 11/22 - 11/24 (Thanksgiving days) 12/22/12- 1/5/13 Year End and New Year week		