



MARTIAL ARTS CENTER™

FOR PERSONAL DEVELOPMENT



BRAINTREE HEADQUARTERS

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 a.m.							Instructor's Training by appointment
9:00 a.m.							
9:30 a.m.							
10:00 a.m.						Internal Training	
10:30 a.m.							
11:00 a.m.	Private Training	Internal Training	Private Training	Internal Training	Private Training	Child & Junior Training	
11:30 a.m.						Little Ninja	
12:00 p.m.	Internal Training		Internal Training				
12:30 p.m.	Adult Training		Adult Training		Adult Training		
1:00 p.m.							
1:30 p.m.							
2:00 p.m.							
2:30 p.m.							
3:00 p.m.							
3:30 p.m.	Little Ninja		Little Ninja	Little Ninja			
4:00 p.m.	Children Training	Junior Training	Children Training	Junior Training	Little Ninja		
4:30 p.m.					Child & Junior Training		
5:00 p.m.	Junior Training	Children Training	Junior Training	Children Training			
5:30 p.m.							
6:00 p.m.							
6:30 p.m.							
7:00 p.m.	Adult Training	Adult Training	Internal Training	Adult Training	Adult Training		
7:30 p.m.							
8:00 p.m.	A. Instructor Certification	2 nd Degree Express	Instructor Certification	Test Review			
8:30 p.m.							