



MARTIAL ARTS CENTER™

FOR PERSONAL DEVELOPMENT



BRAINTREE HEADQUARTERS

Phone: (781) 848-5775

Email: nemac924@beld.net

Website: www.MartialArtsNewEngland.net

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM	Private Lessons		Private Lessons	Private Lessons	Private Lessons	Internal Training
11:00 AM	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Children & Juniors
12:00 PM	Internal Training	Instructor Certification	Internal Training	Weapons Class	Adult Test Review	Little Ninjas (11:45-12:15)
1:00 PM	Adults		Adults	Private Lessons	Self Defense & Sparring	
2:00 PM						
3:30 PM	Little Ninjas		Little Ninjas	Little Ninjas		
4:00 PM	Children	Juniors	Children	Juniors	Little Ninjas	
4:30 PM					Children & Juniors	
5:00 PM	Juniors	Children	Juniors	Children	Leadership Team Practice	
5:45 PM	Child Private Lessons	Beginner Child Lesson	Child Private Lessons	Child Private Lessons	Instructor Training	
6:30 PM	Private Lessons	Private Lessons		Private Lessons		
7:00 PM	Adults	Adults	Internal Training	Adults	Self Defense & Sparring	
8:00 PM	A. Instructor Certification	Adult White Belt		Adult White Belt		

Class times and schedules are subject to change without notice.

WEB SITE: www.MartialArtsNewEngland.net

LOCATIONS:

Braintree Training HEADQUARTERS

(781) 848-5775

nemac924@beld.net

119 Hancock St, Braintree, MA 02184

Wellesley School

(857) 205-5775

40 Abbott Rd.

Wellesley, MA 02481

Acton School

(857) 205-5775

85 Canterbury Hill Road

Acton, MA 01720