



**MarlboroughKarate.com**

Located at 194 Main Street  
Marlborough, MA 01752  
**508-481-4909**

**info@marlboroughkarate.com**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Junior White to Orange belts 5:00-5:45	Explorers 4:15-5:00	Junior Purple to Blue Stripe Belts 4:15-5:00	Explorers 4:15-5:00	Closed Fridays	Adult Open 10:00-11:00
Junior Purple to Blue Stripe Belts 5:45-6:30	Green & Brown Belts 5:00-5:45	Junior White to Orange belts 5:00-5:45	Junior White to Orange belts 5:00-5:45		White to Blue Belt Open 11:00-11:45
Teen Open 6:30-7:15	Instructor Meeting 6:00-7:00	Teen Open 5:45-6:30	Teen Open 5:45-6:30		Tai Chi 12:30-1:30
Adult Open 7:15-8:15		Adult Under Black Belts 6:30-7:30	<b>*BBC Programming</b> 6:30-7:15		
		Adult Black Belts 7:30-8:30			

**Personal Trainings**

- Times available by request; must register in advance
- 30 minutes; Orange Belts and Higher Only
- Cancellation requires 24-hour notice
- 3:1 Student to Instructor Ratio Maximum

**\*Black Belt Club Programming**

- **Leadership**
- **Turbo Training**
- **Weapons Training**
- **Tournament Prep**