

MCCOY'S ACTION KARATE - STURBRIDGE SCHOOL ONLY

Fall Class Schedule Starting October 3, 2011

POWER TURTLES 2-3 YEARS OLD	
Tuesday	4:00pm
Wednesday	4:30pm
Thursday	3:30pm
Friday	9:00am
Saturday	11:30am

TINY TIGERS 4-5 YEARS OLD	
Monday	4:00pm
Tuesday	4:30pm
Wednesday	4:00pm
Thursday	4:00 pm
Friday	9:30am 5:30pm
Saturday	10:15 am

KARATE KIDS 8-12 YEARS OLD	
<u>BEGINNERS</u>	
Monday	4:30 pm
Tuesday	10:45am 4:00 pm
Wednesday	5:45 pm
Thursday	4:30 pm 6:00pm
Friday	4:45 pm
Saturday	9:00 am
<u>INTERMEDIATE</u>	
Monday	5:15 pm
Tuesday	5:30 pm
Wednesday	5:45 pm
Thursday	5:15 pm
Friday	10:30am 4:30 pm
Saturday	9:00 am
<u>ADVANCED</u>	
Monday	5:15 pm
Tuesday	5:30 pm
Wednesday	6:30 pm
Thursday	10:45am 5:15 pm
Friday	6:00pm
Saturday	9:00 am

BIRTHDAY PARTIES	
Saturday	1:00 – 2:30pm
	3:00 – 4:30pm

LITTLE DRAGONS 6-7 YEARS OLD	
<u>BEGINNERS</u>	
Monday	4:00pm
Tuesday	5:00pm
Wednesday	4:30pm
Thursday	4:00pm
Friday	10:00am 4:00pm
Saturday	10:00am
<u>ADVANCED</u>	
Monday	4:30pm
Tuesday	10:00am
	4:45pm
Wednesday	5:00pm
Thursday	4:30pm
Friday	4:00pm
Saturday	10:30am

CARDIO DEFENSE FITNESS - KICKBOXING	
Monday	6:45pm
Tuesday	7:15pm
Wednesday	7:15pm
Thursday	9:00am 6:45pm
Friday	6:45pm
Saturday	9:00am

TEENS AND ADULT TANG SOO DO	
Monday	6:45pm
Tuesday	9:00am 6:15pm
Wednesday	Teen (6:30pm) Adult (7:15pm)
Thursday	9:45am 6:45 pm
Friday	5:45pm
Saturday	11:00am

SPECIAL CLASSES	
Candidate Class	Monday 6:00pm
Pro-Tech	Tuesday 6:15pm
	Friday 5:15pm
Maximum Edge	Friday 6:45pm
XMA Beg.	Saturday 9:45am
XMA Int./Adv	Wednesday 5:00pm
S.W.A.T	Saturday 10:45am
H.I.T (under 12)	Monday 6:00pm
H.I.T (12+/Black Belts)	Thursday 6:00pm
F.I.S.T	Tuesday 6:45pm

