

# MCCOY'S ACTION KARATE - STURBRIDGE SCHOOL ONLY

Winter Class Schedule 2010



**POWER TURTLES 2-3 YEARS OLD**

Tuesday	4:00 pm
Wednesday	4:30 pm
Friday	9:00 am
Saturday	10:15am

**TINY TIGERS 3-5 YEARS OLD**

Monday	4:00 pm
Tuesday	4:30 pm
Wednesday	4:00 pm
Thursday	4:00 pm
Friday	9:30am
Saturday	10:15 am

**KARATE KIDS 7-12 YEARS OLD**

**BEGINNERS**

Monday	4:30 pm	
Tuesday	4:00 pm	10:00am
Wednesday	5:00 pm	
Thursday	4:30 pm	6:00pm
Friday	4:30 pm	
Saturday	9:00 am	

**INTERMEDIATE**

Monday	5:15 pm	
Tuesday	5:30 pm	
Wednesday	5:45 pm	
Thursday	5:15 pm	
Friday	4:30 pm	10:00am
Saturday	9:00 am	

**ADVANCED**

Monday	5:15 pm	
Tuesday	5:30 pm	
Wednesday	5:45 pm	
Thursday	5:15 pm	10:45am
Friday	5:45 pm	
Saturday	9:00 am	

**LITTLE DRAGONS 5-7 YEARS OLD**

**BEGINNERS**

Monday	4:00 pm	
Tuesday	5:00 pm	10:45am
Wednesday	4:30 pm	
Thursday	4:00 pm	
Friday	4:00 pm	
Saturday	10:45 am	

**ADVANCED**

Monday	4:30 pm	BBTC (5:00)
Tuesday	4:45 pm	BBTC (5:15)
Wednesday	5:00 pm	BBTC (5:30)
Thursday	4:30 pm	BBTC (5:00)
	9:00am	
Friday	4:00 pm	
Saturday	10:45 am	

**CARDIO DEFENSE FITNESS - KICKBOXING**

Monday	6:00 pm
Tuesday	7:15 pm
Wednesday	6:30 pm
Thursday	6:45 pm

**TEENS AND ADULT TANG SOO DO**

Monday	6:45pm	
Tuesday	6:15pm	9:00am
Wednesday	7:00 pm	
Thursday	6:00 pm	9:45am
Friday	5:15 pm	
Saturday	11:45 am	

**SPECIAL CLASSES**

Candidate Class – Monday 6:00pm  
 Pro-Tech – Tuesday 6:15pm Friday 5:15 pm  
 Maximum Edge – Friday 6:15pm  
 XMA. – Wednesday 6:30 pm Saturday 9:30 am  
 SWAT – Saturday 11:15am  
**BIRTHDAY PARTIES – 1:00PM 3:00PM**

