

MCCOY'S ACTION KARATE SCHEDULE

Starting July 7, 2016

TINY TIGERS

| | | |
|-----------|---------|---------|
| Monday | 9:30 am | 6:00 pm |
| Tuesday | | 4:30 pm |
| Wednesday | | 5:15pm |
| Thursday | | 4:30pm |
| Friday | 9:30 am | 5:30pm |
| Saturday | 10:45am | |

LITTLE DRAGONS

Beginner

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

Advanced (*Hyper Fight Club)

| | | | |
|-----------|----------|---------|-------------|
| | | | BBTC |
| Monday | 10:00 am | 4:45 pm | 4:30 pm |
| Tuesday | | 5:45 pm | 5:30 pm |
| Wednesday | | 4:45 pm | 4:30 pm |
| Thursday | | 5:00 pm | 5:30 pm* |
| Friday | 10:00am | 4:00 pm | 4:30 pm |
| Saturday | 10:30 am | | |

TEEN AND ADULT PROGRAMS

| | | |
|-----------|--------------------|----------------|
| Monday | 9:00 am | 6:30 pm |
| Tuesday | <i>Teens only</i> | <i>5:30 pm</i> |
| | <i>Just adults</i> | <i>7:30 pm</i> |
| Wednesday | | 6:30 pm |
| Thursday | | 7:45 pm |
| Friday | 9:00 am | 6:00 pm |
| Saturday | 11:15 am | |

CDF MMA Monday & Wednesday 7:30 pm

CDF Fitness/Defense
Monday & Friday 10:00 am Saturday 9:15am

CDF Fitness Kickboxing
Tuesday 6:30 pm
Thursday 6:00 pm
Friday 7:00 pm

BIRTHDAY PARTIES

Saturday – 1:00pm & 3:00pm

SPECIALTY CLASSES

XMA – X-treme Martial Arts
Monday 6:00 pm & Saturday 11:00 am
Maximum Edge
Friday 7:00 pm

KARATE KIDS

Beginner Karate Kids

| | | |
|-----------|----------|---------|
| Monday | 10:30 am | 4:00 pm |
| Tuesday | | 6:15 pm |
| Wednesday | | 4:15 pm |
| Thursday | 4:00 pm | 6:15 pm |
| Friday | 10:30 am | 4:45 pm |
| Saturday | | 9:15 am |

Intermediate Karate Kids

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

Advanced Karate Kids

| | | |
|-----------|----------|---------|
| Monday | 10:30 am | 5:15 pm |
| Tuesday | | 4:45 pm |
| Wednesday | | 5:00 pm |
| Thursday | | 7:00 pm |
| Friday | 10:30 am | 4:30 pm |
| Saturday | 9:15 am | |

POWER TURTLES

| | | |
|-----------|----------|---------|
| Monday | 9:00 am | 3:30 pm |
| Tuesday | 4:00 pm | |
| Wednesday | 3:45 pm | |
| Thursday | 4:00 pm | |
| Friday | 9:00 am | |
| Saturday | 10:15 am | |

SPECIALTY CLASSES

Pro-tech
Monday 4:45 pm Saturday 10:00 am

Black Belt Only Class Tuesday 7:00 pm

SWAT Saturday 11:30 pm

FIST Tuesday 7:30 pm

Hyper Fight Club (HIT)
Children (9 and Under) Thursday 5:30 pm
Karate Kids Friday 6:00 pm
Teens/Adults/Ride the Wave Thursday 7:00 pm

Tournament Team – Ride the Wave
Friday 5:15pm

Black Belt Candidate Class
Wednesday 5:45 pm

Boot Camp – Stripe Test Week ONLY
Saturday (or as announced) 12:15 pm