

MCCOY'S ACTION KARATE SCHEDULE

Starting Monday February 5, 2018

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		4:45 pm
Friday	10:00 am	4:00 pm
Saturday	10:30 am	

Advanced

(*Hyper Fight Club)

BBTC

Monday	10:00 am	4:30 pm	5:00 pm
Tuesday		5:30 pm	6:00 pm
Wednesday		4:30 pm	5:00 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	Teens only	4:45 pm
	Just adults	6:15 pm
Wednesday		6:30 pm
Thursday		7:45 pm
Friday	9:00 am	6:00 pm
Saturday	11:15 am	

Hiit & Run Women's Self Defense

Tuesday		7:15pm
Wednesday	9:00am	

Action Strong Kickboxing

Monday	10:00am	7:30pm
Wednesday		7:30pm
Thursday		6:00 pm
Friday	10:00am	7:00 pm
Saturday	9:15am	

BIRTHDAY PARTIES 1 ½ HOURS

Saturday – 1:30pm

PERFORMANCE CLASSES

XMA – X-treme Martial Arts & Hyper Pro

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		5:15 pm
Friday	10:30 am	4:30 pm
Saturday	9:15 am	

Advanced Karate Kids

Monday	10:30 am	5:15 pm
Tuesday		4:00 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
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Black Belt Only Class

Tuesday	5:45 pm
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Team ZENITH (SWAT)

Saturday	11:30 pm
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FUEGO (FIST)

Tuesday	7:15 pm
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Hyper Fight Club

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 – Waveriders

Friday	5:15pm
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Black Belt Candidate Class

Wednesday	5:45 pm
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Boot Camp – Stripe Test Week ONLY

Saturday (or as announced)	12:15 pm
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