McCoy's Action Karate Class Schedule - 2018

Time:	Monday		Tuesday		Wednesday		Thursday		Friday		Time:	Saturday	
	Red Floor	Blue Floor	Red Floor	Blue Floor	Red Floor	Blue Floor	Red Floor	Blue Floor	Red Floor	Blue Floor		Red Floor	Blue Floor
3:30	power turtles												
3:45						power turtles					9:15	Action Strong Kickboxing	ALL Karate Kids
4:00	LD-Beg.	KK-Beg.	power turtles	Int/Adv KK	LD-Beg.		power turtles	KK-Beg.	LD-Beg.	LD-Adv.	9:30		
4:15						KK-Beg.					9:45		
4:30	LD-Adv.		Tiny Tigers		LD-Adv.		Tiny Tigers		LD-BBTC	Int/Adv KK	10:00		KK-Protech
4:45		KK-Protech		TEEN Tang Soo Do				LD-Beg.	KK-Beg.		10:15	power turtles	
5:00	LD-BBTC		LD-Beg.		LD-BBTC	KK Adv	LD-Adv.				10:30		All Little Dragons
5:15	KK Int.	KK Adv			Tiny Tigers			KK Int.		Wave Riders	10:45	Tiny Tigers	
5:30			LD-Adv.				Hyper Fight Club 9 & Under		Tiny Tigers		11:00		Hyper Pro (XMA)
5:45				Black Belt Class	KK Int.	Black Belt Candidate Prep					11:15	Teen\Adult Tang Soo Do	
6:00	Tiny Tigers	Hyper Pro (XMA)	LD-BBTC					Action Strong Kickboxing	Hyper Fight 10-14	Teen\Adult Tang Soo Do	11:30		Team Zenith
6:15			KK-Beg.	ADULT Tang Soo Do			KK-Beg.				11:45		
6:30	TEEN Tang Soo Do	ADULT Tang Soo Do			TEEN Tang Soo Do	ADULT Tang Soo Do					12:00		
6:45											12:15		
7:00							Hyper Fight 15+	KK Adv	Action Strong Kickboxing	Maximum Edge	12:30		
7:15			Fuego	Hiit&Run™							12:45		
7:30		Action Strong Kickboxing				Action Strong Kickboxing					1:00		
7:45								Teen\Adult Tang Soo Do			1:15		
8:00											1:30	1.5 Hours - Birthday Parties	
8:15											1:45		
											2:00		

Day Classes

9:00	power turtles	Teen\Adult				Hiit&Run™			power turtles	Teen\Adult
9:15										
9:30	Tiny Tigers								Tiny Tigers	
9:45										
10:00	All Little Dragons	Action Strong Kickboxing							All Little Dragons	Action Strong Kickboxing
10:15										
10:30	ALL Karate Kids								ALL Karate Kids	
10:45										
11:00										
11:15										