

**McCoy's Action Karate
Spencer - School**

2006 / 2007 SCHOOL YEAR CLASS SCHEDULE – STARTS DECEMBER 1, 2006



TINY TIGERS

Monday 3:30 pm
Wednesday 3:45 pm
Thursday 3:30 pm
Saturday 11:00 am

BEGINNER LITTLE DRAGONS

Monday 5:30 pm
Tuesday 4:00 pm
Wednesday 5:00 pm
Thursday 4:00 pm
Friday 3:45 pm
Saturday 11:30 am

ADVANCED LITTLE DRAGONS

Monday 5:30 pm
Tuesday 4:00 pm
Wednesday 5:00 pm
Thursday 4:00 pm
Friday 3:45 pm
Saturday 11:30 am

KARATE KIDS

BEGINNERS

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

ADVANCED

Monday 4:45 pm
Wednesday 6:45 pm
Thursday 4:45 pm
Friday 4:45 pm
Saturday 10:00 am

BBTC

Monday 6:00pm
Tuesday 4:30pm
Wednesday 5:30pm
Thursday 4:30pm

MASTERS CLASS

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

TEENS AND ADULTS

Monday 10:00am 7:00 pm
Tuesday 7:45 pm
Wednesday 9:30am 7:30 pm
Thursday 12:30pm 7:00 pm
Saturday 12:30 pm

CARDIO DEFENSE FITNESS - KICKBOXING

Tuesday 6:15 pm
Thursday 8:00 pm

CARDIO DEFENSE FITNESS - MIXED MARTIAL ARTS

Monday 8:00 pm

SPECIALTY CLASSES

Karate Kids	Wednesday – 6:15pm
Pro-Tech	Saturday – 9:30am
Hit Class	Friday – 6:45pm
SWAT	Friday – 5:15pm
FIST	Friday – 5:15pm
Movie Night	Friday – 7:30pm
XMA Beg	Wednesday – 5:45pm
XMA Int.	Saturday - Noon
Candidate Class	Tuesday – 7:15pm
Max Edge	Friday – 6:00pm
Boot Camp	Stripe Test Week – 1:30 (Auburn)
FPA	Tue.-5:00pm/Thur.-7:00pm (Auburn)