

MCCOY'S ACTION KARATE - AUBURN SCHOOL ONLY

Winter Class Schedule Starting January 4, 2009



TINY TIGERS

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

LITTLE DRAGONS

Beginner

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

Advanced

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

KARATE KIDS

Beginner Karate Kids

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

Intermediate Karate Kids

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

Advanced Karate Kids

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

POWER TURTLES

Monday	9:00 am	3:30 pm
Thursday		4:00 pm
Friday	9:00 am	
Saturday	10:15 am	

TEEN AND ADULT PROGRAMS

Monday	9:00 am	6:30 pm
Tuesday	teen only	6:00 pm
	adults only	7:30 pm
Wednesday		6:30 pm
Thursday		7:15 pm
Friday	9:00 am	7:00 pm
Saturday	11:15 am	

CDF	KICKBOXING	MIXED MARTIAL ARTS	
		TEEN	ADULT
Monday	10:00 am		7:30 pm
Tuesday	6:00 pm	4:00 pm	
Wednesday		4:15 pm	7:30 pm
Thursday	6:15 pm		
Friday	10:00 am	5:00 pm	7:00 pm
Saturday	9:15 am		

BIRTHDAY PARTIES

Saturday – 1:00pm & 3:00pm



XMA – X-TREME MARTIAL ARTS

Monday	6:00 pm
Saturday	10:15 am
MAXIMUM EDGE	
Saturday	11:15am

SPECIAL CLASSES

Pro-tech: Professional Techniques Class

Monday	4:45 pm
Saturday	9:15 am

Black Belt Only Class

Tuesday	7:00 pm
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SWAT

Friday	4:45 pm
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FIST

Friday	6:15 pm
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HIT – High Intensity Training (Sparring)

Karate Kids	Friday	5:15 pm
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Competition Team

Monday	7:30 pm
Friday	6:15 pm

BLACK BELT CANDIDATE CLASS

MTC Red Belts and Up	
Wednesday	6:30 pm

BOOT CAMP – BLACK BELT TEST PREP

Saturday – Stripe Test Week ONLY	1:00 pm
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