

Seven Spears Karate and Muay Thai Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYTIME CLASSES					
Age Groups: Tiny Tiger: 4-6yrs Youth: 7-12yrs Adult: 13+	Fight Team Training 6:00 am		Fight Team Training 6:00 am		Tiny Tigers 9:15-9:45
					Youth Karate Beginners 9:45-10:30am
					Youth Karate Orange/Green Belt + 10:30-11:15am
					Leadership Team 11:15am-12:00pm
AFTERNOON/ EVENING CLASSES					
Youth Karate All Ranks 3:40-4:25pm	Private lessons available	Youth Karate All Ranks 3:40-4:25pm	Private lessons available		Black Belt/ Teen/ Adult Karate 12:00-12:45pm
Youth Karate Beginners White to Orange Belt 4:25-5:10pm	Tiny Tigers (Muay Thai focus) 4:15-4:45pm	Youth Karate Beginners White to Orange Belt 4:25-5:10pm	Tiny Tigers (Muay Thai focus) 4:15-4:45pm	Private lessons available	OPEN MAT TRAINING (Check with staff)
Tiny Tigers (Karate focus) 5:10-5:40pm	Youth Karate All Ranks 4:45-5:30pm	Tiny Tigers (Karate focus) 5:10-5:40pm	Youth Karate All Ranks 4:45-5:30pm	Youth Muay Thai 4:45-5:30pm	
Youth Karate Orange/Green Belt + 5:40-6:25pm	Youth Red Belt + 5:30-6:15pm	Youth Karate Orange/Green Belt + 5:40-6:25pm	Teen/ Adult / Black Belt 5:30-6:20pm	Adult Muay Thai Fundamentals 5:30-6:20pm	
Youth Muay Thai 6:25-7:10pm *Family class!	Teen/ Adult / Black Belt 6:20-7:10pm	Youth Muay Thai 6:25-7:10pm	Youth Muay Thai 6:25-7:10pm	Muay Thai Sparring 6:30pm *Adults 18+, invite only	
Adult Muay Thai 7:10-8:00pm	Adult Muay Thai 7:10-8:00pm *1st Tuesday of the month conditioning!	Adult Muay Thai 7:10-8:00pm	Adult Muay Thai 7:10-8:00pm		