

Seven Spears Karate and Muay Thai Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYTIME CLASSES					
<p>Age Groups:</p> <p>Tiny Tiger: 4-6 yrs</p> <p>Youth: 7-12 yrs</p> <p>Teens: 13-16 yrs</p> <p>Adults: 17+</p>					
<p>Youth Karate Forms and Weapons (Green belt+) 3:40-4:25pm</p>	<p>Private lessons available</p>	<p>Youth Karate One Steps & Self-Defense (Green belt+) 3:40-4:25pm</p>	<p>Tiny Tigers (Muay Thai focus) 4:15-4:45pm</p>	<p>Tiny Tigers (Muay Thai focus) 4:15-4:45pm</p>	<p>Tiny Tigers 9:15-9:45</p>
<p>Youth Karate Beginners White to Orange Belt 4:25-5:10pm</p>	<p>Tiny Tigers (Muay Thai focus) 4:15-4:45pm</p>	<p>Youth Karate Beginners White to Orange Belt 4:25-5:10pm</p>	<p>Youth Karate All Ranks 4:45-5:30pm</p>	<p>Youth Karate All Ranks 4:45-5:30pm</p>	<p>Youth Karate Beginners 9:45-10:30am</p>
<p>Tiny Tigers (Karate focus) 5:10-5:40pm</p>	<p>Youth Karate All Ranks 4:45-5:30pm</p>	<p>Tiny Tigers (Karate focus) 5:10-5:40pm</p>	<p>Teen/ Adult / Black Belt 5:30-6:20pm</p>	<p>Teen/ Adult / Black Belt 5:30-6:20pm</p>	<p>Youth Karate Orange/Green Belt + 10:30-11:15am</p>
<p>Youth Karate Orange/Green Belt + 5:40-6:25pm</p>	<p>Youth Red Belt + 5:30-6:15pm</p>	<p>Youth Karate Orange/Green Belt + 5:40-6:25pm</p>	<p>Youth Blue Belt + 5:30-6:15pm</p>	<p>Muay Thai Fight Team 5:30-6:20pm</p>	<p>Leadership Team 11:15am-12:00pm</p>
<p>Youth Muay Thai 6:25-7:10pm</p>	<p>Teen/ Adult / Black Belt 6:20-7:10pm</p>	<p>Youth Muay Thai 6:25-7:10pm</p>	<p>Youth Muay Thai 6:25-7:10pm</p>	<p>Muay Thai Sparring 6:30pm *Adults 18+, invite only</p>	
<p>Teens Muay Thai 6:25-7:10pm</p>	<p>Teens Muay Thai 6:25-7:10pm</p>	<p>Teens Muay Thai 6:25-7:10pm</p>	<p>Teens Muay Thai 6:25-7:10pm</p>		
<p>Adult Muay Thai 7:10-8:00pm</p>	<p>Adult Muay Thai 7:10-8:00pm *1st Tuesday of the month conditioning!</p>	<p>Adult Muay Thai 7:10-8:00pm</p>	<p>Adult Muay Thai 7:10-8:00pm</p>		
AFTERNOON/ EVENING CLASSES					
					<p>Black Belt/ Teen/ Adult Karate 12:00-12:45pm</p>