



SEVEN SPEARS
MARTIAL ARTS ACADEMY

CLASS SCHEDULE

Location: Encinitas

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGERS KARATE		3:45 PM 5:15 PM		3:45 PM		
TIGERS MUAY THAI			5:30 PM	5:30 PM		
YOUTH KARATE	5:45 PM	4:15 PM 5:45 PM		4:15 PM		
YOUTH MUAY THAI			6:00 PM *Youth and Teens	6:00 PM		
BBT	6:30 PM	5:00 PM 6:30 PM		5:00 PM		
TEEN/ ADULT MUAY THAI		6:45 PM		6:45 PM		
LADIES KICKBOXING	6:45 PM		6:45 PM			

Program Key:

Tigers:
Age 4-6

Youth:
Age 7-12

Teens/ Adults:
Age 13+

Karate/BBT: A traditional style with belts. Includes striking and weapons

Muay Thai: A kickboxing style that includes knees, elbows and clinch.

Sparring:
Age 18+ by invite