

Seven Spears Karate and Muay Thai Schedule

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DAYTIME CLASSES

Age Groups:

Tiny Tiger: 4-6 yrs

Youth: 7-12 yrs

Teens: 13-16 yrs

Adults: 17+

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
Orange/Green Belt +
3:40-4:25pm

Private lessons available

Youth Karate
Orange/Green Belt +
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

Youth Muay Thai
Sparring Class
4:45-5:30pm

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

Teens Muay Thai
Sparring Class
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

Teen/ Adult / Black Belt
6:20-7:10pm

Youth Muay Thai
6:25-7:10pm

Leadership Team
5:30-6:15pm

Teens Muay Thai
6:25-7:10pm

Instructor Training
(Karate)
6:20-7:10pm

Teens 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

Seven Spears Of The Wdchck

**Harlan Ingersoll Smith, William John
Wintemberg**



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The World of the Woodchuck ,1966 *Some Shell-heaps in Nova Scotia* Harlan Ingersoll Smith,William John Wintemberg,1929 Relics of Micmac Indians in archaeological investigation of Merigomish Harbour Victoria Memorial Museum Bulletin ,1927 **Bulletin** ,1926 *The Lion of Farside* John Dalmas,1995 Curtis Macurdy would have been content to spend his life with his wife Varia earning a living by tilling his land in the American Midwest But Varia is from Yuulith and when the Sisterhood called her home she refused to go Their big mistake was kidnapping her For Curtis may seem like an ordinary farmer but underneath lurks a strategic genius of the highest order *Webster's Encyclopedic Unabridged Dictionary of the English Language* Random House Value Publishing,1997 **The Young Folks' Cyclopædia of Common Things** John Denison Champlin,1885 **The Saturday Evening Post** ,1947 **Forest and Stream** ,1904 **The Rural New-Yorker** ,1923 **Index to Poetry for Children and Young People, 1988-1992** ,1994 Dictionary index to collections of poems for children and young people Supplements Index to children s poetry which was first published in 1942 **Historical Collections of Ohio ...** Henry Howe,1891 **Harper's Young People** ,1893 *American Transcendental Quarterly* Kenneth Walter Cameron,1971 Journal of New England writers Harper's Weekly John Bonner,George William Curtis,Henry Mills Alden,Samuel Stillman Conant,Montgomery Schuyler,John Foord,Richard Harding Davis,Carl Schurz,Henry Loomis Nelson,John Kendrick Bangs,George Brinton McClellan Harvey,Norman Hapgood,1890 **This is Westchester** Richard F. Crandell,1961 **Birdstones of the North American Indian** Earl C. Townsend,1959 Comfort ,1914 National Five Digit Zip Code and Post Office Directory ,2003 **Michigan Farmer and State Journal of Agriculture** ,1920

Unveiling the Magic of Words: A Report on "**Seven Spears Of The Wdchck**"

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