



**FLYING KICK FITNESS – [www.flyingkicktkd.com](http://www.flyingkicktkd.com)**

**4711 Chase Avenue, Bethesda, MD 20814 (301)951-0543**

**SUMMER SCHEDULE OF CLASSES Starting May 28, 2019 – September 3, 2019**

<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
<b>C L O S E D</b>						<b>Adults 9:00-10:30 AM</b>
						<b>Little Ninjas 10:30-11:00 AM</b>
						<b>Little Dragons 11:00-11:45 AM</b>
						<b>White Belts/ Yellow Stripes 11:45-12:30 AM</b>
						<b>Family Class 12:30-1:30 PM</b>
	<b>White Belts Yellow Stripes 5:30-6:20 PM</b>	<b>Yellow/Green Belts 5:30-6:20 PM</b>	<b>Red/Black Belts 5:30-6:20 PM</b>	<b>Yellow Stripes/ Yellow Belts 5:30-6:20 PM</b>	<b>White/Yellow Stripes 5:30-6:20 PM</b>	<b>Yellow/Green/ Blue Belts 1:30-2:30 PM</b>
	<b>Yellow/Green /Blue Belts 6:20-7:10 PM</b>	<b>Blue/Red and Black Belts 6:20-7:10 PM</b>	<b>Family Class 6:20-7:10 PM</b>	<b>Green/Blue Belts 6:20-7:10 PM</b>	<b>Yellow/Green /Blue Belts Drills &amp; Technique Sparring 6:20-7:10 PM</b>	<b>Red/Black Belts 2:30-3:30</b>
	<b>Adult/Adolescent 7:15-8:30 PM</b>	<b>Adult Class 7:15-8:30 PM</b>	<b>Adult/Adolescent 7:15-8:30</b>	<b>Adult/Adolescent 7:15-8:30 PM</b>	<b>Red/Black belts Forms, Technique, Sparring &amp; Self Defense 7:10-8:10 PM</b>	<b>Birthday Parties / Private Lessons 4:00 PM</b>

Birthday parties on Saturdays after 4:00 pm. Private Instruction and group self-defense classes available upon request