



**FLYING KICK FITNESS – [www.flyingkicktkd.com](http://www.flyingkicktkd.com)  
 4711 Chase Avenue, Bethesda, MD 20814 (301)951-0543  
 SCHEDULE OF CLASSES Starting 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>Adults</b> 9:00-10:30 am
Little Dragons 10:00 – 10:45 am						Little Ninjas 10:30-11:00 M
White Belts 10:45 – 11:30 am						Little Dragons 11:00-11:45 m
Yellow Stripe/ Yellow Belts 11:30 – 12:45 pm	<b>Adults</b> 12:00 – 1:00 pm			<b>Adults</b> 12:00 – 1:00 pm		White Belts 11:45-12:30 pm
<b>Family Class</b> 1:00 – 2:00 pm	After School Program (ASP) 3:30 – 5:30 pm	After School Program (ASP) 3:30 – 5:30 pm	After School Program (ASP) 3:30 – 5:30 pm	After School Program (ASP) 3:30 – 5:30 pm	After School Program (ASP) 3:30 – 5:30 pm	Yellow Stripes/ Yellow Belts 1:00 - 1:45 pm
Drills & Sparring Yellow, Green, Blue & Red Belts 2:00 – 2:45 pm					White Belts 5:30-6:15 pm	Red/Black Belts 1:45 - 2:45 pm
Green / Blue Belts 2:45 – 3:30 pm	Yellow Stripes/ Yellow Belts 5:30-6:15 pm	White Belts 5:30-6:15 pm	Red/Black Belts 5:30-6:20 pm	Drills / Sparring Yellow Stripes / Yellow Belts 5:30–6:15 pm	Yellow/Green/Blue Belts 6:15-7:00 pm	<b>Family Class</b> 2:45-3:45 pm
Red / Black Belts 3:30 – 4:30	Green/Blue Belts 6:15-7:00 pm	Red/ Black Belts 6:15-7:15 pm	<b>Family Class</b> 6:20-7:15 pm	Drills / Sparring Green/ Blue / Red / Black Belts 6:15-7:00 pm	Red Belt 7:00-7:45 pm	Green / Blue Belts 3:45 – 4:30 pm
<b>Adult Class</b> 4:30 – 5:45 pm	<b>Adult Class</b> 7:00 - 8:30 pm	<b>Adult Class</b> 7:15-8:30 pm	<b>Adult Class</b> 7:15-8:30 pm	Drills / Sparring Adolescent and Adult 7:00-8:00 pm	Black Belts 7:45-8:30 pm	<b>Adolescents</b> 4:30-5:15 pm

Birthday Parties are available.... contact the studio to schedule

**We help each student learn and grow according to his or her own capability.**