



**FLYING KICK FITNESS – www.flyingkicktkd.com
4711 Chase Avenue, Bethesda, MD 20814 (301)951-0543
SCHEDULE OF CLASSES Starting January 2, 2020**

SUN	MON	TUES	WED	THURS	FRI	SAT
						Adults 9:00-10:30 am
Little Ninjas 10:00 – 10:40 am						Little Ninjas 10:30-11:10 am
White Belts 10:45 – 11:30 am						White Belts 11:15-12:00 pm
Yellow Stripe/ Yellow Belts 11:30 – 12:15 pm	Adults 12:00 – 1:00 pm			Adults 12:00 – 1:00 pm		Yellow Stripes/ Yellow Belts 12:30 - 1:15 pm
Family Class 12:15 – 1:15 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	Red/Black Belts 1:15 - 2:15 pm
Drills & Sparring Yellow, Green, Blue & Red Belts 1:15 – 2:00 pm						Family Class 2:15-3:15 pm
Green / Blue Belts 2:00 – 2:45 pm						Green / Blue Belts 3:15 – 4:00 pm
Red Belt 2:45 – 3:45 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	White Belts 5:30-6:15 pm	Adolescents 4:00-4:50 pm
Black Belts 3:45 – 4:35	Green/Blue Belts 6:15-7:00 pm	Red/ Black Belts 6:15-7:15 pm	Family Class 6:20-7:15 pm	Drills / Sparring Green/ Blue / Red / Black Belts 6:15-7:00 pm	Yellow/Green/Blue Belts 6:15-7:00 pm	
Adult Class 4:35 – 5:45 pm	Adult Class 7:00 - 8:30 pm	Adult Class 7:15-8:30 pm	Adult Class 7:15-8:30 pm	Drills / Sparring Adolescent and Adult 7:00-8:00 pm	Red Belt 7:00-7:45 pm	

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

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