



**FLYING KICK FITNESS – www.flyingkicktkd.com
 4900 Auburn Avenue, Ground Level, Bethesda, MD 20814 (301)951-0543
 SCHEDULE OF IN PERSON STUDIO CLASSES Starting September 7, 2021**

SUN	MON	TUES	WED	THURS	FRI	SAT
						Adolescents/Adults 9:00-10:30 am
						4 and 5 years old 10:45-11:15 M
						Red/Black Belts 11:30 – 12:15 pm
	After School Program (ASP) 3:30 – 6:00 pm	After School Program (ASP) 3:30 – 6:00 pm	After School Program (ASP) 3:30 – 6:00 pm	After School Program (ASP) 3:30 – 6:00 pm	After School Program (ASP) 3:30 – 6:00 pm	Family Class 12:30 - 1:30 pm
						Drills & Sparring Techniques- Kids Yellow, Green, Blue, Red & Black Belts 1:45 – 2:30 pm
	White Belts Yellow Belts Green/Blue Belts 6:00-6:45 pm	White Belts Yellow Belts Green/Blue Belts 6:00-6:45 pm	White Belts Yellow Belts Green/Blue Belts 6:00-6:45 pm	Drills & Sparring Techniques Yellow, Green, Blue, 6:00–6:45 pm	White Belts Yellow Belts Green/Blue Belts 6:00-6:45 pm	White Belts Yellow Belts Green/Blue Belts 2:45-3:30 pm
	Red/Black Belts 6:45-7:30 pm	Red/Black Belts 6:45-7:30 pm	Red/Black Belts 6:45-7:30 pm	Drills & Sparring Techniques Red & Black Belts 6:45-7:30 pm	Red/Black Belts 6:45-7:30 pm	
	Adolescents/Adults 7:30-8:30 pm	Adolescents/Adults 7:30-8:30 pm	Adolescents/Adults 7:30-8:30 pm	Drills / Sparring Techniques Adolescent and Adult 7:30-8:30 pm		

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

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