



**FLYING KICK FITNESS – [www.flyingkicktkd.com](http://www.flyingkicktkd.com)**  
**4900 Auburn Avenue, Ground Level, Bethesda, MD 20814 (301)951-0543**  
**SCHEDULE OF VIRTUAL CLASSES Starting September 9, 2021**

<i>SUN</i>	<i>MON</i>	<i>TUES</i>	<i>WED</i>	<i>THURS</i>	<i>FRI</i>	<i>SAT</i>
White Belts Yellow Belts Green/Blue Belts 3:00 – 3:45 pm						
Red/Black Belts 4:00 – 4:45 pm				Yellow Belts Green/Blue Belts 6:00-6:40 pm		
Family Class 5:00 – 5:45 pm				Red/Black Belts 6:45 – 7:25 pm		
Adolescents/Adults 6:00 - 7:00 pm				Adolescents/Adults 7:30-8:30 pm		