



**FLYING KICK FITNESS – [www.flyingkicktkd.com](http://www.flyingkicktkd.com)**  
**4900 Auburn Avenue, Ground Level, Bethesda, MD 20814 (301)951-0543**  
**REVISED SCHEDULE OF IN PERSON STUDIO CLASSES**  
**Starting January 10th, 2022**

| <i>SUN</i> | <i>MON</i>  | <i>TUES</i>                                     | <i>WED</i>  | <i>THURS</i>   | <i>FRI</i>                                       | <i>SAT</i>   |
|------------|---|---|---|--|--|--|
|            |   |   |   |  |  | Adolescents/Adults<br>9:00-10:30 am  |
|            |   |   |   |  |  | 4 years old<br>10:45-11:25 am  |
|            |   |   |   |  |  | White Belts/<br>Yellow Stripe<br>11:30 – 12:15 pm  |
|            | After School<br>Program (ASP)<br>3:30 – 5:45 pm                 | After School<br>Program (ASP)<br>3:30 – 5:45 pm |   | After School<br>Program (ASP)<br>3:30 – 5:45 pm                        |  | Red/Black Belts<br>12:30 – 1:15 pm   |
|            |   |   |   |  |  | Family Class<br>1:30 - 2:30 pm   |
|            | White Belts<br>Yellow Belts<br>Green/Blue Belts<br>6:00-6:45 pm |   | White Belts<br>Yellow Belts<br>Green/Blue Belts<br>6:00-6:45 pm | Forms and Games<br>Yellow, Green, Blue<br>6:00–6:45 pm                 | White Belts<br>5:30 -6:10 pm                     | Drills & Technical<br>Sparring - Kids<br>Yellow, Green, Blue,<br>Red & Black Belts<br>2:45 – 3:30 pm |
|            | Red/Black Belts<br>6:45-7:30 pm                                 |   | Red/Black Belts<br>6:45-7:30 pm                                 | Drills & Technical<br>Sparring<br>Red & Black Belts<br>6:45-7:30 pm    | Yellow Belts<br>Green/Blue Belts<br>6:15-6:55 pm | Yellow Belts<br>Green/Blue Belts<br>3:45-4:30 pm   |
|            | Adolescents/Adults<br>7:30-8:30 pm                              |   | Adolescents/Adults<br>7:30-8:30 pm                              | Drills & Technical<br>Sparring<br>Adolescent and Adult<br>7:30-8:30 pm | Red/Black Belts<br>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.**