



FLYING KICK FITNESS – www.flyingkicktkd.com
4900 Auburn Avenue, Ground Level, Bethesda, MD 20814 (301)951-0543
REVISED SCHEDULE OF IN PERSON STUDIO CLASSES
Starting Tuesday, March 1, 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
						Adolescents/Adults 9:00-10:30 am
						4 years old 10:45-11:25 M
						White Belts/ Yellow Stripe 11:30 – 12:15
	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		Red/Black Belts 12:30 – 1:15 pm
					White Belts 5:30 – 6:10 pm	Family Class 1:30 - 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 & Technical Sparring Yellow, Green, Blue, 6:00–6:45 pm	Yellow Belts Green/Blue Belts 6:15-6:55 pm	Drills & Technical Sparring - Kids Yellow, Green, Blue, Red & Black 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 & Technical Sparring Red & Black Belts 6:45-7:30 pm	Red/Black Belts 7:00 -7:45 pm	Yellow Belts Green/Blue Belts 3:45-4:30 pm
	Adolescents/Adults 7:30-8:30 pm	Adolescents/Adults 7:30-8:30 pm	Adolescents/Adults 7:30-8:30 pm	Drills & Technical Sparring 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.