



**FLYING KICK FITNESS – www.flyingkicktkd.com
 4711 Chase Avenue, Bethesda, MD 20814 (301)951-0543
 VIRTUAL SCHEDULE OF CLASSES Starting September 8, 2020**

SUN	MON	TUES	WED	THURS	FRI	SAT
						Adolescents/ Adults Class 10:00 - 11:00 am
White Belts/Yellow Stripe/Yellow Belts/ Green Stripe 12:00 – 12:45 am						Beginner's Class 11:15 – 11:45
Family Class 1:00 – 1:45 pm						White Belt/Yellow Stripe/Yellow Belts/Green Stripe 12:00 – 12:45 am
Kicking Drills Yellow Belts/Green Belts/Blue Belts/Red Belts/Black Belts 2:00 – 2:45 am	Beginner's Class 3:45 – 4:15		Beginner's Class 3:45 – 4:15		Beginner's Class 3:45 – 4:15	Family Class 1:00 – 1:45 pm
Green Belt/Blue Stripe/Blue Belts/Red Stripe 3:00 – 3:45 pm	White Belts/Yellow Stripe/Yellow Belts/Green Stripe 4:30 – 5:15 pm	White Belts/Yellow Stripe/Yellow Belts/Green Stripe 3:45 – 4:30 pm	White Belts/Yellow Stripe/Yellow Belts/Green Stripe 4:30 – 5:15 pm	Drills Skills & Self Defense Yellow Stripe/Yellow Belts/Green Stripe 3:45 – 4:30 pm (No White Belts)	White Belts/Yellow Stripe/Yellow Belts/Green Stripe 4:30 – 5:15 pm	Kicking Drills Yellow Belts/Green Belts/Blue Belts/Red Belts/Black Belts 2:00 – 2:245
Red Belts/Black Stripe (No Black Belt) 4:00 – 4:45 pm	Green Belt/Blue Stripe/Blue Belts/Red Stripe 5:30-6:15 pm	Green Belt/Blue Stripe/Blue Belts/Red Stripe 4:45 – 5:30 pm	Green Belt/Blue Stripe/Blue Belts/Red Stripe 5:30-6:15 pm	Drills Skills & Self Defense Green Belts/Blue Stripe/Blue Belt/ Red Stripe 4:45 – 5:30 pm	Green Belt/Blue Stripe/Blue Belts/Red Stripe 5:30-6:15 pm	Green Belt/Blue Stripe/Blue Belts/ Red Stripe 3:00 – 3:45 pm
Black Belts 5:00 – 5:45	Red Belts/Black Stripe/Black Belts 6:30 - 7:15 pm	Red Belt/Black Stripe/Black Belts 5:45 – 6:30 pm	Red Belts/Black Stripe/Black Belts 6:30 - 7:15 pm	Drills Skills & Self Defense Red Belts/Black Stripe/Black Belts 5:45 – 6:30 pm	Red Belts/Black Stripe/Black Belts 6:30 – 7:15 pm	Red Belts/Black Stripe (No Black Belt) 4:00 – 4:45 pm
Adolescents/ Adults Class 6:00 – 7:00 pm	Adolescents/ Adults Class 7:30 – 8:30 pm	Adolescents/ Adults Class 6:45 – 7:45 pm	Adolescents/ Adults Class 7:30 – 8:30 pm	Adolescents/ Adults Class 6:45 – 7:45 pm	Adolescents/ Adults Class 7:30 – 8:30 pm	Black Belts 5:00 – 5:45

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