



**FLYING KICK FITNESS – [www.flyingkicktkd.com](http://www.flyingkicktkd.com)**  
**4900 Auburn Avenue, Ground Level, Bethesda, MD 20814 (301)951-0543**  
**SCHEDULE OF IN PERSON STUDIO CLASSES**  
**Starting September 6, 2022**

<b>SUN</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
						Adolescents/Adults 9:00-10:30 am
<b>C</b>						3 and 4 years old 10:40 - 11:20 am
<b>L</b>						White Belts/ Yellow Stripe/ Yellow Belt 11:30 – 12:15 pm
<b>O</b>						Red/Black Belts 12:30 – 1:20 pm
<b>S</b>						<b>Family Class</b> <b>1:30 - 2:20 pm</b>
<b>E</b>	White Belts/Yellow Stripes/Yellow Belts/ Green Stripes 5:30 -6:15 pm	Yellow Belts/Green Stripes/ Green Belts/Blue Stripes/ Blue Belts/Red Stripes 5:30 - 6:15 pm	White Belts/Yellow Stripes/Yellow Belts/ Green Stripes 5:30 -6:15 pm	Yellow Belts/Green Stripes/ Green Belts/Blue Stripes/ Blue Belts/Red Stripes 5:30 - 6:15 pm	White Belts 5:30 – 6:15 pm	Green Belts/Blue Stripes/Blue Belts/ Red Stripes 2:30 – 3:15 pm
<b>D</b>	Green Belts/Blue Stripes/Blue Belts/ Red Stripes 6:30-7:15 pm	Red/Black Belts 6:30-7:15 pm	Red/Black Belts 6:30-7:15 pm	Red/Black Belts 6:30-7:15 pm	Green Belts/Blue Stripes/Blue Belts/ Red Stripes/Red Belts 6:30-7:15 pm	Private Lessons/ Birthday Parties 4:00 pm
	Adolescents/Adults 7:30-8:30 pm	Adolescents/Adults 7:30-8:30 pm	Adolescents/Adults 7:30-8:30 pm	Adolescents/Adults 7:30-8:30 pm	Black Belts 7:30 – 8:20 pm	

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

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