

Kicks Karate Glen Echo/Bethesda Schedule of Classes

4701 Sangamore Road, Suite M3, Bethesda, MD 20816

(301) 320-3334

Effective January 3, 2017

Tiny Tigers (ages 3 - 4)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White & Yellow Belts	4:30pm (A)	3:30pm (A) 5:20pm (A)	1:00pm (A) 4:00pm (A)	3:30pm (A) 5:20pm (A)	1:00pm (A) 4:00pm (A)	9:00am (A)
Orange & above	4:00pm (A)	3:30pm (A) 5:50pm (A)	1:00pm (A) 4:30pm (A)	3:30pm (A) 5:50pm (A)	1:00pm (A) 4:30pm (A)	9:30am (A)

Little Ninjas (ages 5, 6 & 7)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White & Gold	5:00pm (A)	6:20pm (A)	5:00pm (A)	6:20pm (A)	5:00pm (A)	10:00am (A)
Yellow & Orange	5:40pm (A)	4:40pm (A)	5:40pm (A)	4:40pm (A)	6:20pm (A)	10:40am (A)
Green & Above	6:20pm (A)	4:00pm (A)	6:20pm (A)	4:00pm (A)	5:40pm (A)	11:20am (A)

Children (ages 8 - 12)

Solid Belt Color	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White & Gold	6:40pm(B)	4:10pm (B)	6:40pm (B)	5:00pm (B)	7:00pm (A)	12:00pm (A)
Yellow & Orange	7:00pm (A)	5:00pm (B)	7:00pm (A)	4:10pm (B)	7:30pm (B)	10:40am (B)
Grn, Blue & Purple	4:10pm(B)	7:00pm (A)	5:50pm(B)	7:00pm (A)	5:00pm(B)	11:30am (B)
Red	5:00pm (B)	6:40pm (B)	4:10pm(B)	6:40pm (B)	5:50pm (B)	12:20pm (B)
Brown	5:50pm (B)	7:30pm (B)	5:00pm (B)	7:30pm (B)	4:10pm (B)	12:20pm (B)
Black	7:30pm (B)	5:50pm (B)	7:30pm (B)	5:50pm (B)	6:40pm (B)	9:50am (B)

Adult Programs (ages 13 & over)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Karate	8:00pm	12:00pm (B) 8:00pm	12:00pm (B) 8:00pm	12:00pm (B) 8:00pm	12:00pm (B)	9:00am (B)