

# Kicks Karate N. Potomac Schedule of Classes

12109 Darnestown Road (301) 947-4700 (Effective October 7, 2018)

## Little Ninjas (ages 3.5 - 6)

<i>Striped Belts</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>White &amp; Gold</b>	3:45pm (A) 6:00pm (A)	1:00pm (A) 5:10pm (A)	3:45pm (A) 6:00pm (A)	1:00pm (A) 5:10pm (A)	3:45pm (A) 6:00pm (A)	8:55am (A)
<b>Yellow &amp; above</b>	3:45pm (A) 6:30pm (A)	1:00pm (A) 5:40pm (A)	3:45pm (A) 6:30pm (A)	1:00pm (A) 5:40pm (A)	3:45pm (A) 6:30pm (A)	9:30am (A)

## Children (ages 7 - 12)

<i>Solid Belt Color</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>White &amp; Gold</b>	4:20pm (A)	6:10pm (A)	4:20pm (A)	6:10pm (A)	4:20pm (A)	11:00am (A)
<b>Yellow &amp; Orange</b>	4:20pm (B)	7:00pm (A)	5:10pm (A)	7:00pm (A)	4:20pm (B)	11:00am (A)
<b>Green, Blue &amp; Purple</b>	5:10pm (B)	4:20pm (A)	7:00pm (A)	4:20pm (A)	7:00pm (A)	10:00am (A)
<b>Red</b>	7:00pm (B)	4:20pm (B)	7:00pm (B)	4:20pm (B)	5:10pm (A)	11:00am (B)
<b>Brown</b>	7:00pm (A)	6:10pm (B)	4:20pm (B)	6:10pm (B)	7:00pm (B)	9:00am (B)
<b>Black</b>	5:10pm (A)	7:00pm (B)	5:10pm (B)	7:00pm (B)	5:10pm (B)	12:00pm (B)
<b>Black Advanced</b>	6:00pm (B)	7:00pm (KB)	6:00pm (B)	7:00pm (KB)	6:00pm (B)	12:00pm (B)

## Adult Programs (ages 13 & over)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Adult Karate</b>	8:00pm (A)	8:00pm (A)	11:00am (A) 8:00pm (A)	8:00pm (A)	11:00am (A)	10:00am (B)
<b>Kickboxing</b>	9:00am 10:00am 5:00pm 6:00pm 7:00pm	9:00am 10:00am 5:00pm 6:00pm	9:00am 10:00am 5:00pm 6:00pm 7:00pm	9:00am 10:00am 5:00pm 6:00pm	9:00am 10:00am 5:00pm 6:00pm	8:00am 10:00am 11:00am