

Kicks Karate Frederick Schedule of Classes

1700 Kingfisher Drive, #18 Frederick, MD 21701

(301)644-3322

Effective Date - September 2, 2019

www.kickskarate.com

Tiny Tigers (ages 3 & 4)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All Belts	3:30pm	1:00pm 5:30pm	3:30pm	1:00pm 5:30pm	3:30pm	9:30am	12:20pm

Little Ninja's(ages 5 - 7)

White & Gold	5:40pm	6:00pm	5:40pm	6:00pm	4:50pm	10:00am	10:00am
Yellow & above	6:20pm	4:00pm	6:20pm	4:00pm	4:50pm	10:40am	10:00am

Children (ages 8-12)

White through Orange	7:00pm	4:40pm	7:00pm	4:40pm	5:30pm	11:20am	10:40am (f)
Green through Red	4:00pm	7:30pm	4:50pm	7:30pm	6:20pm	12:10pm	11:30am (f)
Brown & Black	4:50pm	6:40pm	4:00pm	6:40pm	4:00pm	1:00pm	11:30am (f)

Adults (ages 13 & up)

All Belts	8:00pm	8:20pm	8:00pm	---	7:10pm	8:30am	10:40am(white-orange)
							11:30am (green&up)

(f) denotes family classes