

Tiny Tigers (Ages 3 - 4)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Belts	4:00pm (B)	1:00pm (A) 5:50pm (A)	4:00pm (B)	1:00pm (A) 5:50pm (A)	4:00pm (A)	10:00am (A)

Little Ninja's (Ages 5 - 7)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Striped Belts						
White & Gold	6:00pm (A)	1:00pm (A) 4:00pm (A)	6:00pm (A)	1:00pm (A) 4:30pm (A)	5:50pm (A)	8:55am (A)
Yellow & Above	6:30pm (A)	1:00pm (A) 4:30pm (A)	6:30pm (A)	1:00pm (A) 4:00pm (A)	5:20pm (A)	9:30am (A)

Children (Ages 7.5 - 12)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Solid Belts						
White & Gold	4:20pm (A)	6:20pm (A)	4:20pm (A)	6:20pm (A)	4:30pm (A)	11:20am (A)
Yellow & Orange	4:20pm (A)	7:10pm (A)	4:30pm (B)	6:10pm (B)	4:30pm (A)	11:20am (A)
Green, Blue & Purple	4:30pm (B)	7:00pm (B)	5:10pm (A)	5:00pm (A)	7:00pm (B)	12:00pm (B)
Red	7:00pm (A)	5:00pm (A)	7:00pm (A)	4:20pm (B)	6:20pm (A)	12:00pm (B)
Brown	5:20pm (B)	6:10pm (B)	7:10pm (B)	7:10pm (A)	4:20pm (B)	10:00am (B)
Black	7:10pm (B)	4:20pm (B)	5:20pm (B)	7:00pm (B)	5:10pm (B)	10:30am (A)
1st Dan and Above	5:10pm (A)	4:20pm (B)	5:20pm (B)	7:00pm (B)	7:10pm (A)	12:10pm (A)

Adult Programs (Ages 13 & over)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Karate	8:00pm (A)	8:00pm (A)	8:00pm (A)	8:00pm (A)		9:00am (B)
Kickboxing	6:15pm (B)	10:00am (B) 5:15pm (B) 8:00pm (B)	6:15pm (B)	10:00am (B) 5:15pm (B) 8:00pm (B)	6:05pm (B)	8:00am (B)

Kicks Karate Shady Grove Schedule of Classes
9737 Traville Gateway Drive (301) 738 - 3280
(Effective January 6, 2020)

www.kickskarate.com