

Kicks Karate N. Potomac Schedule of Classes

12109 Darnestown Road (301) 947-4700 (Effective January, 2020)

Little Ninjas (ages 3.5 - 6)

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

Adult Programs (ages 13 & over)

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