

Little Ninjas (ages 3.5 - 6)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White & Gold	11:15am 3:45pm 6:00pm	1:00pm 5:10pm	11:15am 3:45pm 6:00pm	1:00pm 5:10pm	11:15am 3:45pm 6:00pm	8:55am
Yellow & Above	11:15am 3:45pm 6:30pm	1:00pm 5:40pm	11:15am 3:45pm 6:30pm	1:00pm 5:40pm	11:15am 3:45pm 6:30pm	9:30am
Children (ages 8-12)						
White & Gold	12:00pm B 4:20pm A	1:45pm B 6:10pm A	12:00pm B 4:20pm A	1:15pm B 6:10pm A	12:00pm B 4:20pm B	11:00am A
Yellow & Orange	12:00pm B 4:20pm B	1:45pm B 7:00pm A	12:00pm B 5:10pm A	1:15pm B 7:00pm A	12:00pm B 4:20pm B	11:00am A
Green, Blue & Purple	1:00pm B 5:10pm B	11:00am B 4:20pm A	1:00pm B 7:00pm A	11:00am B 4:20pm B	1:00pm B 7:00pm B	10:00am B
Red	1:00pm B 7:00pm B	11:00am B 4:20pm B	1:00pm B 7:00pm B	11:00am B 4:20pm B	1:00pm B 5:10pm A	12:00pm A
Brown	2:00pm B 7:00pm A	12:00pm B 6:10pm B	2:00pm B 4:20pm B	12:00pm B 6:10pm B	2:00pm B 7:00pm B	9:00am B
Black	2:00pm B 5:10pm A	12:00pm B 7:00pm B	2:00pm B 5:10pm A	12:00pm B 7:00pm B	2:00pm B 5:10pm B	12:00pm B
1st DAN & above	2:00pm B 6:00pm B	12:00pm B 7:00pm	2:00pm B 6:00pm B	12:00pm B 7:00pm	2:00pm B 6:00pm B	12:00pm B
Teen & Adults (ages 13 & up)						
Karate	8:00pm	8:00pm	11:00am 8:00pm	8:00pm	11:00am	10:00am
Kickboxing	10:00am 7:00pm	10:00am 5:00pm	10:00am 7:00pm	10:00am 5:00pm	10:00am 5:00pm	8:00am 11:00am

Kicks Karate North Potomac Schedule of Classes
301-947-4700
Effective Date - June 22, 2020