

Little Ninjas (ages 5 - 7)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Belts	4:35pm	6:00pm	4:35pm	6:00pm	4:35pm	9:50am
Children (ages 8-12)						
White & Gold	5:10pm	6:40pm	5:10pm	6:40pm	5:10pm	10:25am
Yellow & Orange	5:10pm	6:40pm	5:10pm	6:40pm	5:10pm	10:25am
Green, Blue & Purple	6:00pm	5:10pm	6:00pm	5:10pm	6:00pm	11:15am
Red Belts	6:00pm	5:10pm	6:00pm	5:10pm	6:00pm	11:15am
Brown Belts	6:50pm	4:20pm	6:50pm	4:20pm	6:50pm	12:05pm
Black Belts	6:50pm	4:20pm	6:50pm	4:20pm	6:50pm	12:05pm
Teen & Adults (ages 13 & up)						
All Belts	7:40pm	7:30pm	7:40pm	7:30pm	- - - -	9:00am
Kickboxing (ages 13 & up)						
	6:30pm	10:00am 5:15pm	6:30pm	10:00am 5:15pm	10:00am	11:00am

Kicks Karate North Potomac Schedule of Classes - www.kickskarate.com

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Effective Date -Aug 3, 2020