

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Little Ninjas (ages 5-7)					
All Belts	4:00pm	3:30pm 5:30pm Z	4:00pm Z	3:30pm 5:30pm	4:00pm 6:00pm	9:00am Z
	Children (ages 8-12)					
White & Gold	4:30pm Z	6:00pm	4:30pm	6:00pm Z	4:30pm Z	9:35am
Yellow & Orange	4:30pm	6:00pm Z	4:30pm Z	6:00pm	4:30pm	9:35pm Z
Green, Blue, & Purple	6:00pm Z	4:45pm	6:00pm	4:45pm Z	6:30pm Z	11:10am
Red	6:45pm	4:45pm Z	6:45pm Z	4:45pm	7:15pm	11:55am Z
Brown	6:45pm Z	4:00pm	6:45pm	4:00pm Z	7:15pm Z	11:55pm
Black & 1st DAN	7:30pm	4:00pm	7:30pm	4:00pm	5:15pm	12:40pm
2nd DAN & up	5:15pm	6:45pm Z	5:15pm Z	6:45pm	5:15pm	12:40 Z
	Teen & Adults (ages 13+)					
All Belts	8:15pm Z	7:30pm	12:00pm 8:15pm Z	7:30pm	12:00pm	10:20am

Kicks Karate Rockville

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Effective Date- June 7, 2021

Z= in-person class with zoom