



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Tiny Tigers (ages 3-4)</b>						
<b>All Belts</b>	4:00pm	5:30pm	4:00pm	5:30pm	4:00pm	9:50am
<b>Little Ninjas (ages 5-7)</b>						
<b>White, Gold, &amp; Yellow</b>	4:35pm	6:05pm	4:35pm	6:05pm	4:35pm	10:25am
<b>Orange &amp; Above</b>	5:10pm B	6:40pm	5:10pm B	6:40pm B	5:10pm B	10:25am
<b>Children (ages 8-12)</b>						
<b>White &amp; Gold</b>	5:10pm A	7:10pm A	5:10pm A	7:10pm B	5:10pm B	12:40pm A
<b>Yellow &amp; Orange</b>	5:10pm A	7:10pm B	5:10pm A	7:10pm A	5:10pm A	12:40pm B
<b>Green, Blue &amp; Purple</b>	6:00pm A	4:45pm A	6:00pm B	4:45pm B	6:00pm B	11:00am A
<b>Red</b>	6:00pm B	4:45pm B	6:00pm A	4:45pm A	6:00pm A	11:00am B
<b>Brown</b>	6:50pm A	4:00pm A	6:50pm B	4:00pm B	6:50pm B	11:50am A
<b>Black</b>	6:50pm B	4:00pm B	6:50pm A	4:00pm A	6:50pm A	11:50am B
<b>Teen &amp; Adults (ages 13+)</b>						
<b>All Belts</b>	7:40pm	7:55pm	7:40pm	7:55pm	—	9:00am
<b>Fitness Kickboxing (ages 13+)</b>						
	7:40pm	—	7:40pm	—	—	8:00am



Free Trial Class

**Kicks Karate Bethesda**  
 10400 Old Georgetown Road, Bethesda, MD 20814  
 (301) 571-6767

**[www.kickskarate.com](http://www.kickskarate.com)**  
**Effective date- March 14, 2022**



Membership Options