KICKSkarate

Your Family Martial Arts Academy

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Little Ninjas (ages 3.5-6)					
White & Gold	4:15pm	5:55pm	4:15pm	5:55pm	4:15pm	9:50am
Yellow & above	4:50pm	6:30pm	4:50pm	6:30pm	4:50pm	10:25am
	Children (ages 7-12)					
White & Gold	5:20pm A	7:00pm A	5:20pm A	7:00pm A	5:20pm A	11:00am A
Yellow & Orange	5:20pm B	7:00pm B	5:20pm B	7:00pm B	5:20pm B	11:00am B
Green, Blue & Purple	6:10pm A	5:05pm A	6:10pm A	5:05pm A	6:10pm A	11:50am A
Red	6:10pm B	5:05pm B	6:10pm B	5:05pm B	6:10pm B	11:50am B
Brown	7:00pm A	4:15pm A	7:00pm A	4:15pm A	7:00pm A	12:40pm A
Black	7:00pm B	4:15pm B	7:00pm B	4:15pm B	7:00pm B	12:40pm B
	Teen & Adults (ages 13+)					
All Belts	7:50pm	7:50pm	7:50pm	7:50pm	—	9:00am
	Fitness Kickboxing (ages 12+)					
	5:10pm 6:30pm	10:00am 5:00pm	5:10pm 6:30pm	10:00am 5:00pm	10:00am 5:10pm	9:00am 11:00am

Free Trial Class

Kicks Karate North Potomac
12109 Darnestown Road, North Potomac, MD 20878
(301) 947-4700
www.kickskarate.com
Effective Date- March 13, 2023

School Schedule