



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tigers (ages 3-4)						
All Belts	4:00pm A	5:20pm A	4:00pm A	5:20pm A	4:00pm A	9:00am A
Little Ninjas (ages 5-7)						
Beginner (White & Gold)	4:35pm A	5:55pm A	4:35pm A	5:55pm A	5:25pm A	9:35am A
Advanced (Yellow & Above)	5:10pm A	6:30pm A	5:10pm A	6:30pm A	6:00pm A	10:10am A
Children (ages 7-12)						
White & Gold	5:45pm A	7:05pm A	5:45pm A	7:05pm A	4:30pm A	11:30am A
Yellow & Orange	5:45pm B	7:05pm B	5:45pm B	7:05pm B	4:30pm B	11:30am B
Green, Blue & Purple	6:30pm A	5:00pm A	6:30pm A	5:00pm A	7:15pm A	12:15pm A
Red	6:30pm B	5:00pm B	6:30pm B	5:00pm B	7:15pm B	12:15pm B
Brown	7:15pm A	4:15pm A	7:15pm A	4:15pm A	6:30pm A	10:45am A
Black	7:15pm B	4:15pm B	7:15pm B	4:15pm B	6:30pm B	10:45am B
Teen & Adults (ages 13+)						
All Belts	8:00pm	7:55pm	8:00pm	7:55pm	—	10:00am
Fitness Kickboxing (ages 12+)						
	5:00pm	12:00pm 6:00pm	5:00pm	12:00pm 6:00pm	12:00pm 5:00pm	9:00am



Free Trial Class



Schedule

Kicks Karate North Potomac
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Effective Date- January 5, 2026