



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tigers (ages 3-4)						
All Belts	4:00pm	5:30pm	4:00pm	5:30pm	5:30pm	9:50am
Little Ninjas (ages 5-7)						
White & Gold	4:35pm	6:05pm	4:35pm	6:05pm	6:05pm	10:25am
Yellow & above	5:10pm	6:40pm	5:10pm	6:40pm	6:40pm	11:00am
Children (ages 8-12)						
White & Gold	5:45pm	7:10pm	5:45pm	7:10pm	4:45pm	1:00pm
Yellow & Orange	5:45pm	7:10pm	5:45pm	7:10pm	4:45pm	1:00pm
Green, Blue & Purple	6:30pm	4:45pm	6:30pm	4:45pm	4:00pm	11:30am
Red	6:30pm	4:45pm	6:30pm	4:45pm	4:00pm	11:30am
Brown	7:15pm	4:00pm	7:15pm	4:00pm	7:15pm	12:15pm
Black	7:15pm	4:00pm	7:15pm	4:00pm	7:15pm	12:15pm
Teen & Adults (ages 13+)						
All Belts	8:00pm	7:55pm	8:00pm	7:55pm	—	9:00am



Free Trial Class

Kicks Karate Frederick
 1700 Kingfisher Drive Suite 18, Frederick, MD 21701
 (301) 644-3322
www.kickskarate.com
Effective Date- September 25, 2026



Schedule