

Kicks Karate Germantown Schedule of Classes

Little Ninja's (Ages 4-6)

Ninja belts	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White & Gold	3:30pm 5:55pm	4:55pm	3:30pm 5:55pm	4:55pm	4:00pm	8:55am
Yellow & above	3:30pm 6:30pm	5:30pm	3:30pm 6:30pm	5:30pm	4:30pm	9:30am

Children (Ages 7-12)

Solid Belt Color	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White & Gold	4:00pm	6:00pm	4:00pm	6:00pm	6:00pm	11:00am
Yellow & Orange	4:00pm	6:00pm	4:00pm	6:00pm	6:00pm	11:00am
Green, Blue & Purple	7:00pm	4:00pm	7:00pm	4:00pm	5:00pm	10:00am
Red	7:00pm	4:00pm	7:00pm	4:00pm	5:00pm	10:00am
Brown	5:00pm	7:00pm	5:00pm	7:00pm	7:00pm	12:00pm
Black	5:00pm	7:00pm	5:00pm	7:00pm	7:00pm	12:00pm

Adult Programs (Ages 13 & over)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Karate	8:00pm	12:00pm 8:00pm	8:00pm	12:00pm 8:00pm	8:00pm	10:00am
Fitness Kickboxing	6:00pm	10:00am 5:00pm 8:00pm	6:00pm	10:00am 5:00pm 8:00pm	6:00pm	9:00am

Germantown Schedule of Classes 13020 Middlebrook Road (301) 916-8000

(Effective February 8, 2010) www.kickskarate.com