

## Tiny Tigers (Age 3)

<i>Tiny Tigers</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>All Belts</i>		4:00pm		4:00pm	4:00pm	9:00am

## Little Ninja's (Ages 4-6)

<i>LN Striped Belts</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>White &amp; Gold</b>	5:55pm	4:00pm	5:55pm	4:00pm	4:00pm	8:55am
<b>Yellow &amp; above</b>	6:30pm	4:30pm	6:30pm	4:30pm	4:30pm	9:30am

## Children (Ages 7-12)

<i>Solid Belt Color</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White & Gold	4:00pm	6:00pm	4:00pm	6:00pm	6:00pm	11:00am
Yellow & Orange	5:00pm	7:00pm	5:00pm	6:00pm	7:00pm	12:00pm
Green, Blue & Purple	5:00pm	7:00pm	5:00pm	5:00pm	7:00pm	12:00pm
Red	7:00pm	5:00pm	4:00pm	7:00pm	6:00pm	1:00pm
Brown	4:00pm	6:00pm	7:00pm	7:00pm	5:00pm	1:00pm
Black	7:00pm	---	7:00pm	7:00pm	5:00pm	10:00am

## Adult Programs (Ages 13 & over)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Karate</b>	8:00pm	11:00am 8:00pm	8:00pm	11:00am 8:00pm	---	11:00am
<b>Fitness-Kickboxing</b>	--- 6:00pm 8:00pm	10:00am 5:00pm	10:00am 6:00pm 8:00pm	10:00am 5:00pm 8:00pm	10:00am 8:00pm	8:00am 10:00am

### Kicks Karate Potomac Schedule of Classes

12944 Travilah Road (301) 519-2200

(Effective September 8, 2008)

[www.kickskarate.com](http://www.kickskarate.com)