



**2021 Fall Zoom and
In-Studio Class Schedule
(effective as of Mon, Oct 4, 2021)**

- All In-Studio classes must be reserved. (<https://arlingtonkicks.com/return>)
- Zoom/Floor A and Zoom/Floor B classes use different Meeting IDs that are emailed weekly.
- All classes are PM unless indicated otherwise.

In-Studio & Zoom
In-Studio Only
Zoom Only

KneeHigh Ninja (Starting at age 4): 30 minutes / 2 classes per week

Ninja Rank	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	No Monday Classes	Floor B: In-Studio	Floor B: All Classes	Floor B: In-Studio	Floor B: All Classes	Floor B: All Classes		
Beginners (No Belt - Green)		5:10 In-Studio Only	6:00 All Ranks, Zoom Only	5:10 In-Studio Only		5:20 All Ranks, Zoom Only	10:00am All Ranks, Zoom Only	10:00am In-Studio Only
Intermediate / Advanced (Purple and Higher)			6:00 In-Studio Only	5:10 In-Studio Only		5:20 In-Studio Only		10:45am In-Studio Only

Junior/Family Classes: 30 minutes / Unlimited classes per week

Rank	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B	Floor A	Floor B
White		5:20 In-Studio & Zoom			4:30 In-Studio Only	4:30 Zoom Only		6:00 In-Studio & Zoom				11:30am In-Studio & Zoom
Gold	4:15						6:00					2:00
Orange	5:45		4:15				4:15					1:15
Green	5:00		6:00						6:00			
Purple					4:15		5:10					11:40am
Blue		4:30		6:00					6:45			
Red		3:45										12:20
2nd Brown	6:30		6:50					4:20				
1st Brown (45 mins)		6:10		4:00			6:45					1:00
Black Belt (45 mins)			5:00					7:00		4:15		12:15

Adult Class: 45 minutes / Unlimited weekly classes (Teens must have Master Instructor permission to attend.)

Rank	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Floor B: In Studio	Floor B: Zoom	Floor B: In Studio	No Thursday Class	No Friday Class	Floor A	Floor B
White - Black		7:15 In-Studio Only	7:15 Zoom Only	7:15 In-Studio Only			10:45am In-Studio & Zoom
White - Black: Teen Class (Must be within the ages of 13 - 19)							2:00 In-Studio & Zoom

Cardio Kickboxing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Floor A: Zoom			Floor A: Zoom
			7:00pm Zoom Only			9:00am Zoom Only

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