



**SPRING 2021**  
**Zoom and In-Studio Schedule**  
 (effective as of Mon, April 5, 2021)

- All classes are available through Zoom, unless indicated otherwise.
- Select classes are available In-Studio and Zoom, or In-Studio only. All In-Studio classes must be reserved. (<https://arlingtonkicks.com/return>)
- 45 minute In-Studio classes do not include a warm-up.
- Zoom/Floor A and Zoom/Floor B classes use different Meeting IDs that are emailed weekly.
- All classes are PM unless indicated otherwise.

KneeHigh Ninja (Starting at age 4): 30 minutes / 2 classes per week							
Ninja Rank	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Zoom / Floor B	In-Studio / Floor B	Zoom / Floor B	In-Studio / Floor B	Zoom / Floor B	Zoom / Floor A	Zoom / Floor B
Beginner / Intermediate No Belt - Purple	12:00pm (Noon)	5:10 In-Studio Only	5:10 In-Studio & Zoom		6:10 In-Studio & Zoom	10:30am	
Intermediate / Advanced Blue and Higher			6:00 In-Studio & Zoom	5:10 In-Studio Only	5:20 In-Studio & Zoom		10:15am

Junior/Family Classes: 30 minutes / 3 classes per week												
Rank	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Zoom / Floor A	Zoom / Floor B	Zoom / Floor A	Zoom / Floor B	Zoom / Floor A	Zoom / Floor B	Zoom / Floor A	Zoom / Floor B	Zoom / Floor A	Zoom / Floor B	Zoom / Floor A	Zoom / Floor B
White		5:20				3:00		6:00				11:15am
Gold	4:15					3:45	6:00					11:00am
Orange	5:45		4:15				4:15					12:00
Green	5:00			6:00						3:30		11:45am
Purple					4:15		5:10		6:00			12:45
Blue		4:30			5:10				6:45			12:30
Red		3:45	6:00						5:15			1:30
2nd Brown	6:30		6:50					4:20				1:15
1st Brown (45 mins)		6:10		4:00	6:00							2:15
Black Belt (45 mins)			5:00					7:00		4:15		2:00

Adult Class: 45 minutes / Unlimited weekly classes (Teens must have Master Instructor permission to attend.)									
Rank	Monday		Tuesday		Wednesday		Thursday	Friday	Saturday
	Zoom / Floor B	Zoom / Floor B	Zoom / Floor B	Zoom / Floor B	Zoom / Floor A				
White - Black (unless otherwise indicated)		7:15		7:15		7:15	6:50 (White - 1st Brown)		Adults ok to attend Junior/Family

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

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