



**2022 Zoom and
In-Studio Class Schedule
(Effective as of Mon., January 3, 2022)**

- 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
	Floor B: In-Studio	Floor B: In-Studio	Floor B: All Classes	Floor A: In-Studio	Floor B: All Classes	Floor B: In-Studio
Beginners (No Belt - Orange)	4:30 In-Studio Only	5:45 In-Studio Only	4:15 All Ranks, Zoom Only	5:30 In-Studio Only	5:15 All Ranks, Zoom Only	6:00 In-Studio Only
Intermediate / Advanced (Green and Higher)		5:00 In-Studio Only		6:15 In-Studio Only		5:30 In-Studio Only FLOOR A
						10:45 AM 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		5:15 In-Studio & Zoom				4:45 In-Studio Only		5:45 In-Studio & Zoom				11:30 AM In-Studio Only
Gold	5:30			4:15				5:00				1:30
Orange			4:15		5:45			6:30				
Green									6:00		2:10	
Purple					5:00		4:45					
Blue	4:45			6:30					6:45		12:15	
Red												
2nd Brown	6:15		5:00				4:00				11:30 AM	
1st Brown (45 mins, In-Studio Only classes are one hour long.)		6:00			4:00		6:15					12:15
Black Belt (45 mins, In-Studio Only classes are one hour long.)			5:45				7:15		4:15			

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
White - Black (In-Studio Only Classes are one hour long.)		7:00 In-Studio Only	7:15 Zoom Only	7:00 In-Studio Only		10:30 AM In-Studio & Zoom
White - Black: Teen Class (Must be within the ages of 13 - 19) One hour.						1:00 In-Studio Only

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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