



**FALL/WINTER 2020**  
**Zoom and In-Studio Schedule**  
 (effective as of Mon, Sept 21, 2020)

- All classes are available through Zoom.
- All HIGHLIGHTED classes are also available In-Studio. 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 (Currently ONLINE ONLY)**

Ninja Rank	Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	
	Zoom / Floor B						Zoom / Floor B	Zoom / Floor A
Beginner / Intermediate No Belt - Purple	12:00pm (Noon)	5:35 In-Studio & Zoom		5:10 In-Studio & Zoom			10:30am	
Intermediate / Advanced Blue and Higher	12:00pm (Noon)			6:00 In-Studio & Zoom		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			5:10			3:00	6:00				11:15am	
Gold	5:15		4:20				6:50					11:00am
Orange	4:30		6:00				4:20				12:00	
Green	6:00		6:50			3:45						11:45am
Purple					4:30		6:25		5:30		12:45	
Blue		4:45			5:15				6:15			12:30
Red		3:45		6:25				4:30			1:30	
2nd Brown		6:25						5:10		3:30		1:15
1st Brown (45 mins)				4:15	6:00					6:10	2:15	
Black Belt (45 mins)				5:20				7:15		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 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 - Black		7:15		7:15		7:15		5:20			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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