



MONDAY Review Webinars*	TUESDAY Instructor-Led Class	WEDNESDAY Review Webinars*	THURSDAY Instructor-Led Class	FRIDAY No classes	SATURDAY Instructor-Led Class
4:00 – 4:45 pm White – Sr. Yellow WEBINARS	4:00 – 4:45 pm White – Sr. Yellow	4:00 – 4:45 pm White – Sr. Yellow WEBINARS	4:00 – 4:45 pm White – Sr. Yellow	Virtual Private Lessons Available	9:00 – 9:45 am <b>MMA</b>
5:00 – 5:45 pm Green – Sr. Blue WEBINARS	5:00 – 5:30 pm <i>Little Kickers</i>	5:00 – 5:45 pm Green – Sr. Blue WEBINARS	5:00 – 5:30 pm <i>Little Kickers</i>	To schedule, visit kicksidema.com & click 'Book Online'	9:45 – 10:30 am Brown & Above
5:45 – 6:30 pm Brown – Red WEBINARS	5:30 – 6:15 pm Green – Sr. Blue	5:45 – 6:30 pm Brown – Red WEBINARS	5:30 – 6:15 pm Green – Sr. Blue		10:30 – 11:15 am White – Sr. Yellow
6:30 – 7:15 pm Black Belt Forms WEBINARS	6:15 – 7:00 pm Brown & Above	6:30 – 7:15 pm Black Belt Weapons WEBINARS	6:15 – 7:00 pm Brown & Above		11:15 – 12:00 pm Green – Sr. Blue
	7:00 – 7:45 pm <b>MMA</b>		7:00 – 7:45 pm <b>MMA</b>		

Tue/Thu/Sat Zoom link:

<https://us04web.zoom.us/j/9042109002>

Email [info@kicksidema.com](mailto:info@kicksidema.com) for the required password

Instructor-led Zoom classes are for all ages, according to rank. Black Belts should attend “Brown & Above” classes.

Mon/Wed WEBINARS are streamed on Livestorm and have separate registration and links for each rank, to come via email. Email [info@kicksidema.com](mailto:info@kicksidema.com) if you do not receive a link.

\*WEBINARS are for review only and do not count for class credit towards testing requirement.