

KAIZEN MMA



Home of Enshin Karate



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FAIRFAX, VA 22031

(703) 426-KICK

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	TIME	SATURDAY	SATURDAY
6:00-7:00			Strength and Conditioning				Strength and Conditioning			9:00-10:00	Sparring (Invite Only)	Strength and Conditioning
7:00-9:30	B4 School Program		B4 School Program		B4 School Program		B4 School Program		B4 School Program	10:00-10:55	Muay Thai	
11:00-1:00	Private Lessons		Private Lessons		Fighter's Training (Invite Only)		Private Lessons		Fighter's Training (Invite Only)	11:00-12:00	Advanced Kids Ages (7 - 12)	BJJ
3:00-6:00	After School Program		After School Program		After School Program		After School Program		After School Program	12:00-1:00	Beginner Kids Ages (4 - 12)	Beginner Kids Ages (7 - 12)
6:00-6:50	Beginner Kids Ages (4 - 6)	Advanced Kids Ages (7 - 12)	Beginner Kids Ages (7 - 12)		Beginner Kids Ages (4 - 6)	Advanced Kids Ages (7 - 12)	Beginner Kids Ages (7 - 12)		Strength and Conditioning	1:00 - 2:30	Adult Karate	
7:00-8:00	Adult Karate	Strength and Conditioning	Muay Thai	BJJ Open Mat	Adult Karate (13 & up)	Strength and Conditioning	Muay Thai	BJJ Advanced		3:00 - 4:00	Private Lessons	
8:00-9:30			BJJ Fundamentals With Gi				BJJ Fundamentals No Gi			4:00 - 5:00	Private Lessons	