

KAIZEN MMA



Home of Enshin Karate



**9512 FAIRFAX BLVD
FAIRFAX, VA 22031**

(703) 426-KICK

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
7:00-9:30am	B4 School Program	B4 School Program	B4 School Program	B4 School Program	B4 School Program	9:00-10:00am	Sparring (Invite Only)
11-1pm			Fighter's Training (Invite Only)		Fighter's Training (Invite Only)	10:00-10:55am	Muay Thai Kickboxing
11am-6pm Monday 3:00-6pm	After School Program	After School Program	After School Program	After School Program	After School Program	11:00-12:00pm	Brazilian Jujitsu
6:00-6:50pm	Little Lions (Beginner)	Young Lions (Beginner)	Little Lions (Beginner)	Young Lions (Beginner)	No Classes	11:00-11:50am	Young Lions (Advanced)
6:00-6:50pm	Young Lions (Advanced)		Young Lions (Advanced)				
7:00-8:00pm		Muay Thai Kickboxing		Muay Thai Kickboxing		12:00-12:50pm	Little & Young Lions (Beginner)
7:15-8:30pm	Adult Karate(13&up)		Adult Karate(13&up)			1:00-2:15pm	Adult Karate(13&up)
8:00-9:30pm		Brazilian Jujitsu		Brazilian Jujitsu		2:30-4:00pm	Birthday Parties

Little Lions-ages 4-7

Young Lions-ages 7-12