

KAIZEN MMA



Home of Enshin Karate



9590 LEE HWY
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)
11:00-1:00pm	Private Lessons	Private Lessons	Fighter's Training (Invite Only)	Private Lessons	Fighter's Training (Invite Only)	10:00-10:55am	Muay Thai
3:00-6:00pm	After School Program	After School Program	After School Program	After School Program	After School Program	11:00-12:00pm	Advanced Kids Ages (7-12)
6:00-6:50pm	Beginner Kids Ages (4-6)	Beginner Kids Ages (7-12)	Beginner Kids Ages (4-6)	Beginner Kids Ages (7-12)		11:00-12:00pm	BJJ (mixed)
6:00-6:50pm	Advanced Kids Ages (7-12)		Advanced Kids Ages (7-12)		Strength and conditioning	12:00-1:00pm	Beginner Kids Ages (4-6)
7:00-8:00pm	Adult Karate (13 & up)	Muay Thai	Adult Karate (13 & up)	Muay Thai		1:00 - 2:30pm	Adult Karate (13 & up)
7:00-8:00pm		BJJ (open Mat)		BJJ (advanced)		1:00 - 2:30pm	Strength and conditioning
7:15-8:15pm	Strength and conditioning	Strength and conditioning	Strength and conditioning	Strength and conditioning			
7:30-8:30pm	Muay Thai Fundamentals		Muay Thai Fundamentals				
8:00-9:30pm		BJJ Fundamentals With Gi		BJJ Fundamentals No Gi			