



Home of Enshin Karate



2190-K Pimmit Dr
Falls Church, VA 22043
(703) 734-KICK

MONDAY

4:00PM - 6:00PM
After School Program

6:00PM - 6:50PM
Little Lions (beginners)

6:50PM - 7:40PM
Young Lions (beginners)

6:00PM - 7:00PM
Thai Boxing (Mat 2)

7:00PM - 8:00PM
Jiu-Jitsu (Mat 2)

TUESDAY

4:00PM - 6:00PM
After School Program

6:00PM - 6:50PM
Little Lions (Advanced)

6:50PM - 7:40PM
Young Lions (Advanced)

11:00AM - 1:00PM
Fighters Training

7:40PM - 8:45PM
Karate (Adult)

8:50PM - 9:50PM
Thai Boxing

WEDNESDAY

4:00PM - 6:00PM
After School Program

6:00PM - 6:50PM
Little Lions (beginners)

6:50PM - 7:40PM
Young Lions (beginners)

6:00PM - 7:00PM
Thai Boxing (Mat 2)

7:00PM - 8:00PM
Jiu-Jitsu (Mat 2)

THURSDAY

4:00PM - 6:00PM
After School Program

6:00PM - 6:50PM
Little Lions (Advanced)

6:50PM - 7:40PM
Young Lions (Advanced)

11:00AM - 1:00PM
Fighters Training

7:40PM - 8:45PM
Karate (Adult)

8:50PM - 9:50PM
Thai Boxing

FRIDAY

4:00PM - 6:00PM
After School Program

SATURDAY

11:00PM - 11:50pm
Little Lions (All Belts)

11:50PM - 12:50PM
Young Lions (White - Yellow)

12:50pm - 2:00pm
All Ages (Green and up)

10AM - 11:00AM
Karate (Adult)

2:00PM - 3:15PM
Jiu-Jitsu

3:15PM - 4:30 PM
Thai Boxing

www.virginiakarate.com