

KAIZEN MMA



Home of Enshin Karate



228 Dominion Rd
Vienna, VA 22180
(703) 281-KICK

MONDAY

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

6:00PM - 7:00PM
Young Lions (Advanced)

7:00PM - 8:00PM
Adults

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

8:00PM - 9:00PM
Thai Boxing (Mat 1)

TUESDAY

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

5:50PM - 6:40PM
Little Lions (Beginners)

6:40PM - 7:30PM
Young Lions (Beginners)

WEDNESDAY

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

6:00PM - 7:00PM
Young Lions (Advanced)

7:00PM - 8:00PM
Adults

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

8:00PM - 9:00PM
Thai Boxing (Mat 1)

THURSDAY

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

5:50PM - 6:40PM
Little Lions (Beginners)

6:40PM - 7:30PM
Young Lions (Beginners)

FRIDAY

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

6:30 - 7:30
Jiu-Jitsu (Mat 2)

7:30 - 8:30
Thai Boxing (Mat 2)

SATURDAY

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

11:50PM - 12:40PM
Young Lions (All Belts)