

USA KAI ZEN MMA

Vienna Location

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Vienna, VA 22180

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(703) 281-KICK



USA
KAI
ZEN
MMA

MONDAY

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

12:00PM - 6:00PM
After School
Karate

12:00PM - 1:00PM
Thai Boxing

11:00AM - 12:00PM
No Gi Grappling
and BJJ

11:00AM - 12:00PM
Open Practice

11:00AM - 12:00PM
Thai Boxing

10:00AM - 10:50AM
Little Lions
(All Levels)

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

3:00PM - 6:00PM
After School
Karate

12:00PM - 1:00PM
Thai Boxing

12:00PM - 1:00PM
Open Practice

12:00PM - 1:00PM
MMA

10:50AM - 11:50AM
Young Lions
(All Levels)

7:00PM - 8:00PM
Enshin Karate
(Adults)

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

3:00PM - 6:00PM
After School
Karate

3:00PM - 6:00PM
After School
Karate

3:00PM - 6:00PM
After School
Karate

1:00PM - 2:00PM
No Gi Grappling
and BJJ

8:00PM - 9:00PM
Thai Boxing

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

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

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

6:30PM - 7:30PM
Enshin Karate
(Adults)

2:00PM - 2:50PM
Thai Boxing

7:00PM - 8:00PM
Enshin Karate
(Adults)

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

7:30PM - 8:30PM
BJJ and
Grappling

8:00PM - 9:00PM
BJJ

www.usaKZmma.com