

USA KAI ZEN MMA

Springfield Location

5414-B Port Royal Rd
Springfield, Va 22151
springfield@usakzmma.com

U^{SA}
K^{AI}
Z^{EN}
MMA

(703) 618-KICK

MONDAY

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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

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

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

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

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

10:00AM - 11:00AM
Kids

6:00PM - 6:50PM
Kids

6:00PM - 6:50PM
Kids

6:00PM - 6:50PM
Kids

6:00PM - 6:50PM
Kids

6:30PM - 7:30PM
Open Mat

11:00AM - 12:00AM
BJJ / No Gi
Grappling

7:00PM - 8:00P
Adult Karate

7:00PM - 8:00PM
BJJ / No Gi
grappling

7:00PM - 8:00PM
Adult Karate

7:00PM - 8:00PM
BJJ / No Gi
grappling

12:00PM - 1:00PM
Thai Boxing

8:00PM - 9:00PM
Thai Boxing

8:00PM - 9:00PM
MMA

8:00PM - 9:00PM
Thai Boxing

12:00PM - 9:00PM
MMA

www.usaKZmma.com