

# Kaizen Karate

*Confidence • Discipline • Respect*

## 2026 May / Jun Class Calendar

**Keep Learning  
Keep Moving**



One-hour classes unless stated otherwise.

All Classes Held Indoors/In-Person

MON	TUE	WED	THU	FRI	SAT	SUN
Y-Calvary All Belts 6:00 pm <i>Silver Spring MD</i>	Y-Cleveland Park Club All Belts 6:30 pm <i>NW DC</i>	Y-ACC White-Purple Belts 6:30 pm <i>Arlington VA</i>	Y-Calvary All Belts 6:00 pm <i>Silver Spring MD</i>	A-Calvary Open Mat 6:30 pm <i>Silver Spring MD</i>	Y-St. Paul's Lutheran Beginner #1 10 am Beginner #2 11 am Interm./Adv. 12 pm <i>NW DC</i>	Y-East Silver Spring ES Little Ninja 10:00 – 10:30 am Beginner 10:00 – 11:00 am <i>Silver Spring MD</i>
Y-Calvary All Belts 7:00 pm <i>Silver Spring MD</i>	Y-Reid Temple AME Church 6:30pm <i>Glenn Dale MD</i>	A-ACC 7:30 pm <i>Arlington VA</i>	Y/A-Calvary Sparring 7:00 pm <i>Silver Spring MD</i>		Y-Pine Crest ES Little Ninja/Beg. 11:00 am Interm./Adv. 12pm <i>Silver Spring MD</i>	Y-East Silver Spring ES Intermediate 11:00 am <i>Silver Spring MD</i>
A-East Silver Spring ES 7:30 pm <i>Silver Spring MD</i>	A-Kemp Mill ES Fundamentals 7:30 pm <i>Silver Spring MD</i>				Y-Christ Church + Washington Parish Beginner 12:00 pm Beginner 1:00 pm Interm./Adv. 2:00 pm <i>Capitol Hill DC</i>	Y/A-East Silver Spring ES Open Mat/ Test Prep. 12:00 pm <i>Silver Spring MD</i>
	A-Reid Temple AME Church 7:30pm <i>Glenn Dale MD</i>				A-Pine Crest ES 1:00 pm <i>Silver Spring MD</i>	Y/A-East Silver Spring ES Master Form / Kenpo 1:00 pm <i>Silver Spring MD</i>
						Y/A-East Silver Spring ES Brown & Red Belts 2:00 pm <i>Silver Spring MD</i>

### LEGEND

Y: Youth | A: Adult (13 yrs+)  
 Y-Little Ninja: 3.5 – 4 yrs  
 Y-Beginner: 5 yrs+ / White-Yellow  
 Y-Intermediate: Green-Blue  
 Y-Advanced: Brown-Red  
 Master Form: Y/A-Green and up

Youth Only	Youth/ Adult	Adult Only
Open Mat	Master Form / Jujitsu	
Master Form / Kenpo		