

# Kaizen Karate

*Confidence • Discipline • Respect*

## 2026 September / October Class Calendar

One-hour classes unless stated otherwise.

All Classes Held Indoors/In-Person

**Keep Learning  
Keep Moving**



### MON

Y-Calvary  
All Belts  
6:00 pm

*Silver Spring MD*

Y-Calvary  
All Belts  
7:00 pm

*Silver Spring MD*

A-East Silver  
Spring ES  
7:30 pm

*Silver Spring MD*

### TUE

Y-Cleveland  
Park Club  
All Belts  
6:30 pm

*NW DC*

Y-Reid Temple  
AME Church  
6:30pm

*Glenn Dale MD*

A-Kemp Mill ES  
Fundamentals  
7:30 pm

*Silver Spring MD*

A-Reid Temple  
AME Church  
7:30pm

*Glenn Dale MD*

### WED

Y-ACC  
White-Purple  
Belts  
6:30 pm

*Arlington VA*

Y/A-Calvary  
Master Form /  
Kenpo  
6:30 pm

*Silver Spring MD*

A-ACC  
7:30 pm

*Arlington VA*

### THU

Y-Calvary  
All Belts  
6:00 pm

*Silver Spring MD*

Y/A-Calvary  
Sparring  
7:00 pm

*Silver Spring MD*

### FRI

A-Calvary  
Open Mat  
6:30 pm

*Silver Spring MD*

### SAT

Y-St. Paul's Lutheran  
Beginner #1 10 am  
Beginner #2 11 am  
Interm./Adv. 12 pm

*NW DC*

Y-Pine Crest ES  
Little Ninja/Beg.  
11:00 am  
Interm./Adv. 12pm

*Silver Spring MD*

Y-Christ Church +  
Washington Parish  
Beginner 12:00 pm  
Beginner 1:00 pm  
Interm./Adv. 2:00 pm

*Capitol Hill DC*

A-Pine Crest ES  
1:00 pm

*Silver Spring MD*

### SUN

Y-East Silver  
Spring ES  
Little Ninja  
10:00 –10:30 am  
Beginner  
10:00 –11:00 am

*Silver Spring MD*

Y-East Silver  
Spring ES  
Intermediate  
11:00 am

*Silver Spring MD*

Y/A-East Silver  
Spring ES  
Open Mat/  
Test Prep.  
12:00 pm

*Silver Spring MD*

Y/A-East Silver  
Spring ES  
Master Form /  
Kenpo  
1:00 pm

*Silver Spring MD*

Y/A-East Silver  
Spring ES  
Brown & Red  
Belts  
2:00 pm

*Silver Spring MD*

### 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

**KaizenKarateUSA.com**