

Kaizen Karate

2026 Jan / Feb Class Calendar

One-hour classes unless stated otherwise.

Confidence • Discipline • Respect

**Keep Learning
Keep Moving**

All Classes Held Indoors/In-Person



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

A-Kemp Mill ES
Fundamentals
7:30 pm

Silver Spring MD

WED

Y-ACC
White-Purple
Belts
6:30 pm

Arlington VA

Y-Bayard
Rustin ES
All Belts
6:30 pm

Rockville MD

Y-LCR
White-Purple
Belts
6:30 pm

Capitol Hill DC

A-ACC
7:30 pm

Arlington VA

THU

Y-Calvary
All Belts
6:00 pm

Silver Spring MD

Y-ACC
White-Green
Belts
6:30 pm

Arlington VA

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-Reid Temple AME
Church
Beginner #1 9am
Beginner #2/Interm.
10am

Glenn Dale MD

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