

March

2026

KAIZEN Academy

Martial Arts



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2  Regular Classes	3 Happy Birthday Parker! Happy Birthday Tieler! Regular Classes	4 Self-Defense Classes Regular Classes	5 Regular Classes	6 No Classes	7 Tai Chi Class
	9  Regular Classes	10 Regular Classes	11 Self-Defense Classes Regular Classes	12 Regular Classes	13 No Classes	14 Tai Chi Class
15 	16  Regular Classes GUEST INSTRUCTORS	17 ST. PATRICK'S DAY  Regular Classes GUEST INSTRUCTORS	18 Self-Defense Classes Regular Classes GUEST INSTRUCTORS	19 Regular Classes GUEST INSTRUCTORS	20 No Classes Happy Birthday Ayden!	21 Tai Chi Class
	23  Regular Classes	24 Regular Classes	25 Self-Defense Classes Regular Classes	26 Regular Classes	27 TESTING	28 Tai Chi Class
29	30  Regular Classes Happy Birthday Lara! Happy Birthday Pavle!	31 Regular Classes Happy Birthday Aaliyah!	April 1 Self-Defense Classes Regular Classes	April 2 Regular Classes	April 3 No Classes	April 4 Tai Chi Class

Testing—Invite Only

Week of March 16th—Guest Instructor Week

Build Strength & Balance, Saturday Tai Chi: 10am to 11am — \$10 per person

(Open to Public)

Wednesday Self-Defense Class 7:15pm - (Open to all Kaizen Students with Current Membership or Members with a Self-Defense Membership)

Kaizen Academy Martial Arts L.L.C

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