



Alexandria Facility

703.346.8828

CapitalMMA.com

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Monday–Thursday: 6AM–10PM

Fridays:: 6AM–9PM

Saturday: 9AM–2PM / Sunday: Closed

KIDS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Martial Arts	Muay Thai (Ages 6+) 6:15-7PM	BJJ (Ages 5-7) 5:30-6:15PM BJJ (Ages 8+) 6:15PM-7PM	Muay Thai (Ages 6+) 6:15-7PM	BJJ (Ages 5-7) 5:30-6:15PM BJJ (Ages 8+) 6:15PM-7PM	Kids Bullyproof 6:15-7PM	BJJ (Ages 5+) 10:15-11:00AM

JIU-JITSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Capital Gracie Jiu Jitsu Fundamentals	Gi 7-8:00AM 7–8:30PM	No Gi 7–8:30PM	Gi 7-8:00AM 7–8:30PM	Gi 12–1PM 7–8:30PM		Gi 12–2PM
All Levels BJJ Specialty	Open Mat 5:30-6:15pm	Gi 7:00-8:00AM Noon-1:00PM No Gi 8:00-9:30PM	No-Gi 11am-Noon Open Mat 5:30-6:15pm	Gi 7-8:00AM 8:00-9:30PM	No Gi 7-8:00AM 6-7:00PM Wrestling 5-6:00PM	FREE Self-Defense 10:15-11:00AM WOMEN ONLY 11am-Noon

MUAY THAI	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels	12–1PM 6–7PM	7–8PM WOMEN ONLY 8–9PM	12–1PM 8–9PM	7–8PM WOMEN ONLY 8–9PM	12–1PM	11–12PM
Advanced			7–8PM		7–8PM	
Specialty	STAFF/FIGHTERS PRIVATE CLASSES* 6:30–8:30PM	Intro to MT 8-8:30PM	STAFF/FIGHTERS PRIVATE CLASSES* 7:30–8:30AM 6:30–8:30PM	Intro to MT 8-8:30PM	STAFF/FIGHTERS PRIVATE CLASSES* 7:30–8:30AM	STAFF/FIGHTERS PRIVATE CLASS* 8:00–9:00AM SPECIAL SPARRING 12–1PM

*Additional costs may apply, invitation only.

MMA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Competition (Advanced)		MMA 6–7PM		MMA 6–7PM		

CROSSFIT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CCT (Circuit Training)	7:15–8PM	7:15–8PM	7:15–8:PM	7:15–8:PM		
Workout of the Day (WOD)	6–7AM 10–11AM 5:15–6:15PM 6:15–7:15PM	6–7AM 10–11AM 5:15–6:15PM 6:15–7:15PM	6–7AM 10–11AM 5:15–6:15PM 6:15–7:15PM	6–7AM 10–11AM 5:15–6:15PM 6:15–7:15PM	6–7AM 5:15–6:15PM 6:15–7:15PM	FREE WOD 10–11AM