



Burke, VA Facility

703.764.0800
burke@capitalmma.com
9537 Braddock Rd.
Burke, VA 22032

JIU-JITSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels		8:30-10:00PM		8:30-10:00PM		
Family Classes					7:30-8:30PM	

Where can I attend classes?

Our policy at Capital is, pay at one – play at all current and future locations!