



CAPITAL MMA & ELITE FITNESS

LORTON FACILITY

Kids Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TYKES 5-8YRS	5:00 - 5:45PM	Kids Striking (7-15 yrs)	5:00 - 5:45PM	Kids Striking (7 - 15 yrs)	No Gi 5:00 - 5:45PM	9:15 - 10:00AM
JUNIORS 9-15YRS	5:45 - 6:30PM		5:15 - 6:00PM		5:45 - 6:30PM	5:15 - 6:00PM
FUNCTIONAL FITNESS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Steel Mace Flow 5:30 – 6:30AM	Functional Fitness 6:00 – 7:00PM	Steel Mace Flow 5:30 – 6:30AM	Functional Fitness 6:00 – 7:00PM		Steel Mace Flow 11:00 – 12:00PM
MUAY THAI	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 – 7:30PM	8:00 – 9:00PM	6:30 – 7:30PM	8:00 – 9:00PM		
GRACIE JIU-JITSU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Instruction 7:30 – 8:30PM Sparring 8:30 – 9:00PM	Advanced 7:00 – 8:00PM	Instruction 7:30 – 8:30PM Sparring 8:30 – 9:00PM	Advanced No Gi 7:00 – 8:00PM	No Gi Instruction 6:30 – 7:15PM Sparring 7:15 – 8:00PM	Instruction 12:00 – 1:00PM Sparring 1:00 – 2:00PM



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