

# CAPITAL MMA & ELITE FITNESS



**Loudoun-Dulles**  
**703.651.5940**  
**CapitalMMA.com**  
**MON. - THURS: 11:30AM-8:30PM**  
**FRIDAY: 5:00PM-7:00PM(No Staff)**  
**SATURDAY: 10:00AM-1:00PM**  
**SUNDAY: \*Open Training: Ask your Coaches**

KIDS MMA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jiu-Jitsu (Ages 5 and up)	Gi Jiu-Jitsu: 6:00-6:50PM		Wrestling/No-Gi: 6:00-6:50PM			Gi Jiu-Jitsu: 10:00-10:50AM
Muay Thai & Kickboxing (Ages 5 and up)		6:00-6:50PM				
MMA (Ages 8 and up)				6:00-6:50PM		

JIU-JITSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No-Gi & Wrestling	No-Gi: 12:00-1:00PM		Wrestling for MMA: 7:00-8:00PM			
Gi		Gi: 7:00-8:30PM	Gi: 12:00-1:00PM	Gi: 7:00-8:00PM		Gi: 10:00-11:00AM
Competition Team (3 stripes +)	Gi: 7:00-8:00PM					Gi: 11:00-12:00PM

STRIKING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boxing	6:00-7:00PM		6:00-7:00PM			
BagWork		6:00-7:00PM		6:00-7:00PM		
Muay Thai & Dutch Kickboxing	Muay Thai 7:00-8:00PM	Dutch Kickboxing 12:00-1:00PM	Muay Thai 7:00-8:00PM	Dutch Kickboxing 12:00-1:00PM		Dutch Kickboxing 12:00-1:00PM
Fight Team (Invite only)		Dutch Kickboxing 7:00-8:00pm		Dutch Kickboxing 7:00-8:00pm		Fight Team 10:30-12:00PM

MMA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3-6mo BJJ & Striking training minimum		6:00-7:00PM				

CROSSFIT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout of the Day (WOD)	5:00-6:00PM 6:00-7:00PM 7:00-8:00PM	5:00-6:00PM 6:00-7:00PM 7:00-8:00PM	5:00-6:00PM 6:00-7:00PM 7:00-8:00PM	5:00-6:00PM 6:00-7:00PM 7:00-8:00PM	5:00-6:00PM 6:00-7:00PM	10:00-11:00AM

## FAQs

**Follow up on social media for announcements, upcoming events and member highlights**

**Facebook:**

<https://www.facebook.com/CapitalMMALoudoun/>

<https://www.facebook.com/CapitalCrossFitLoudounDulles/>

**Instagram:**

capitalmmafit, capital\_muay\_thai, capitalcrossfit606, capitalbjj606

**Where can I attend classes?**

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

**Minimum requirements for our MMA class**

Once you have achieved an understanding of the fundamentals of our Gracie Jiu-Jitsu program and our striking program (3-6 months of training minimum), and have achieved high fitness levels, you may then request to participate in our MMA class.

**Where do I learn about closings, events and seminars?**

When Fairfax County Public Schools are closed, we usually are too. Check our Facebook Page

<https://www.facebook.com/CapitalMMALoudoun> for more information when this happens. Use our Yearly

Calendar to learn about holiday closings, events and seminars (access this by using the link on our Facebook Page). Capital provides a generous open training policy. Members are here training through blizzards, earthquakes, alien invasions and the occasional zombie apocalypse. Again, check our Facebook Page to learn about open training opportunities.

## ABOUT YOUR MEMBERSHIP

**Memberships Options:**

We have several membership options; Starter Plans, Unlimited plans and a Family Plan. Plans start at 4 classes per month to unlimited classes per month. Also make sure to ask about our Hometown Heroes Membership is you are an active Police officers, Firefighters, Nurses, Teachers or active and former Military.

**How do I change or cancel my membership?**

All changes to membership agreements, from upgrades to cancellations, must be confirmed through email by the managing member of the facility where you initially signed up at. Our plan requires three more monthly payments AFTER notice of cancellation OR our BUYOUT clause of \$250 for Starter Plans, \$350 for our Unlimited Plans and \$500 for Family Plans. Cancellations are ONLY valid by the managing member of the facility you initially signed up at.

**Members are charged Annual Dues in January or February each year.**

Capital charges \$29.95 per member/family.

