

# CAPITAL MMA & ELITE FITNESS



**Takoma Park**  
**301.388.5020**  
**CapitalMMA.com**  
**MON. - FRI: 6:00AM-9:30PM**  
**SATURDAY: 9:00AM-3:00PM**  
**SUNDAY: 9:00AM-12:00PM**  
**Check the Facebook group**  
**for open mat info.**

KIDS MMA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jiu-Jitsu (Ages 5 and up)	5:30-6:30PM		5:30-6:30PM		Combat Jiu-Jitsu 5:00-6:30PM	Gi Jiu-Jitsu: 10:00-11:00AM
Muay Thai (Ages 5 and up)		5:30-6:30PM		5:30-6:30PM	Sparring (invite only) 6:30-7:00PM	
Tykes Martial Arts (Ages 3 & 4)		Muay Thai 4:30-5:15PM		Muay Thai 4:30-5:15PM		

JIU-JITSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Judo, No-Gi & Wrestling	Judo 8:00-9:30PM	No-Gi 8:00-9:30PM		No-Gi: 11:30-12:30PM	No-Gi 10:30-12:00PM Wrestling 8:00-9:00PM	Judo 2:00-3:00PM (Sunday) No-Gi 10:00-11:00AM
Gi	6:00-7:30AM 10:30-12:00PM	11:30-12:30PM	6:00-7:30AM 10:30-12:00PM 8:00-9:30PM	8:00-9:30PM	6:00-7:30AM	Gi: 11:00-12:30PM
Advanced BJJ (Blue belt and up)	7:00-8:30PM	10:30-11:30AM	7:00-8:00PM	No-Gi 10:30-11:30AM	Brown Belt and up 6:00-8:00PM	

STRIKING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boxing	7:00-8:00PM				12:00-1:00PM	(Sunday) 11:00-12:00PM
Muay Thai Conditioning		6:00-7:00AM		6:00-7:00AM		11:00-12:30PM
Muay Thai	12:00-1:00PM	7:00-8:00PM	12:00-1:00pm 7:00-8:00PM	7:00-8:00PM		12:30-1:30PM
Advanced Muay Thai & Sparring (invite only)		Sparring 7:00-7:30AM Advanced 6:00-7:00PM	Advanced 8:00-9:00PM		Sparring 7:00-8:00PM	Sparring 1:30-2:00PM

MMA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Invite only		7:00-8:00PM		7:00-8:00PM		

<b>Kettle Bells, Yoga &amp; Pilates</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sunday</b>
<b>Workout of the Day (WOD)</b>	<b>Pilates 9:30am-10:30am Kettle Bells 6:00-7:00PM</b>	<b>Pilates 2:00-3:00PM</b>	<b>Kettle Bells 6:00-7:00PM</b>	<b>Yoga 12:45-2:00PM</b>		<b>11:00-12:00PM</b>

## FAQs

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

**Facebook:**

<https://www.facebook.com/groups/1437669636474389/>

**Instagram:**

teamtakoma

### Where can I attend classes?

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

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

When Montgomery County Public Schools are closed, we usually are too. Check our Facebook Page <https://www.facebook.com/groups/1437669636474389/> 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.

