



# Alexandria Facility

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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
<b>Martial Arts</b>	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
<b>Capital Gracie Jiu Jitsu Fundamentals</b>	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
<b>All Levels BJJ Specialty</b>		Gi 7:00-8:00AM Noon-1:00PM No Gi 8:00-9:30PM	No-Gi 11am-Noon	Gi 7-8:00AM 8:00-9:30PM	No Gi 7-8:00AM 6-7:00PM Wrestling 5-6:00PM	<b>FREE Self-Defense</b> 10:15-11:00AM <b>WOMEN ONLY</b> 11am-Noon

MUAY THAI	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>All Levels</b>	12-1PM 6-7PM	7-8PM <b>WOMEN ONLY</b> 8-9PM	12-1PM 8-9PM	7-8PM <b>WOMEN ONLY</b> 8-9PM	12-1PM	11-12PM
<b>Advanced</b>			7-8PM		7-8PM	
<b>Specialty</b>	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
<b>Competition (Advanced)</b>		MMA 6-7PM		MMA 6-7PM		

CROSSFIT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Workout of the Day (WOD)</b>	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	<b>FREE WOD</b> 10-11AM