

CAPITAL MMA & ELITE FITNESS



Fairfax, Va
703.268.0323
CapitalMMA.com

Fairfax@capitalmma.com

[Follow us on Facebook](#) and **IG @capitalmmafairfax**

Adult BJJ	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fundamentals (basic)	7:15-8:15 PM		7:15-8:15 PM			
Advanced	8:15-9:15 PM		8:15-9:15 PM			

Kids and Family BJJ	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30 – 7:15 PM		7:15 – 8:00 PM		1:00 – 1:45 PM