



# CAPITAL MMA & ELITE FITNESS

## LORTON FACILITY

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



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