

CAPITAL MMA & ELITE FITNESS



www.CapitalMMA.com

Fairfax@capitalmma.com

[Follow us on Facebook](#) and

IG @capitalmmafairfax

703-268-0323

Monday	Tuesday	Wednesday	Thursday	Saturday
7:30-8:45 BJJ ALL BELTS *open mat starts at 8:45	6-6:45 Beginner BJJ *for those w/less than 1 year exp.	7:30-8:45 BJJ ALL BELTS *open mat starts at 8:45	7:15-8 Family BJJ ALL BELTS	1-1:45 BJJ ALL BELTS
	6:45-7:30 Intermediate BJJ *for those w/+ 1 year exp.			

Color Key	
	Family Class (Ages 7+)
	Adults