



# Capital MMA & Elite Fitness

## Live Virtual Schedule

### Via ZOOM App

Download ZOOM at: [zoom.us](https://zoom.us)

<b>JIU-JITSU</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Family All-Levels (Kids &amp; Adults)</b>	<a href="#">3:00-4:00PM</a>	<a href="#">3:00-4:00PM</a>	<a href="#">3:00-4:00PM</a>	<a href="#">3:00-4:00PM</a>	<a href="#">3:00-4:00PM</a>	<a href="#">3:00-4:00PM</a>
<b>All Levels Gracie Jiu-Jitsu</b>	<a href="#">7:00-8:00PM</a>	<a href="#">7:00-8:00PM</a>	<a href="#">7:00-8:00PM</a>	<a href="#">7:00-8:00PM</a>		

<b>Kickboxing</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>All Levels Muay Thai</b>	<a href="#">12:00-1:00PM</a>	<a href="#">7:00-8:00PM</a>	<a href="#">11:00AM-Noon</a> <a href="#">7:00-8:00PM</a>	<a href="#">8:00-9:00PM</a>	<a href="#">12:00-1:00PM</a>	<a href="#">10:00-11:00AM</a>	<a href="#">10:00-11:00AM</a> <a href="#">Mobility</a>

<b>FITNESS</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>All Levels Workout of the Day (WOD)</b>	<a href="#">6:00-7:00AM</a> <a href="#">10:00-11:00AM</a> <a href="#">5:15-6:15PM</a> <a href="#">6:15-7:00PM</a>	<a href="#">6:00-7:00AM</a> <a href="#">10:00-11:00AM</a> <a href="#">5:15-6:15PM</a> <a href="#">6:15-7:00PM</a>	<a href="#">6:00-7:00AM</a> <a href="#">10:00-11:00AM</a> <a href="#">5:15-6:15PM</a> <a href="#">6:15-7:00PM</a>	<a href="#">6:00-7:00AM</a> <a href="#">10:00-11:00AM</a> <a href="#">5:15-6:15PM</a> <a href="#">6:15-7:00PM</a>		<a href="#">6:00-7:00AM</a> <a href="#">10:00-11:00AM</a>	
<b>Specialty (All Levels)</b>	<a href="#">7:30-8:15AM</a> <a href="#">Mobility</a>			<a href="#">7:30-8:15AM</a> <a href="#">Mobility</a>	<a href="#">7:30-8:15AM</a> <a href="#">Mobility</a>	<a href="#">8:30-9:30</a> <a href="#">CompWOD</a>	

**No Equipment Necessary!!**