



Alexandria Facility

Interim Schedule

703.346.8828

CapitalMMA.com

facebook.com/CapitalMMAFit

alexandria@capitalmma.com

Monday–Thursday: 6AM–1PM, 4PM–9PM

Fridays: 6AM–1PM, 4PM–8PM

Saturday: 9AM–2PM / Sunday: Closed

KIDS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Martial Arts	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		BJJ (Ages 5+) 10:15-11:00AM

JIU-JITSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Capital Gracie Jiu Jitsu Fundamentals	Gi 7-8:00AM 7:15–8:15PM	No Gi 7:15–8:15PM	Gi 7-8:00AM 7:15–8:15PM	Gi 12–1PM 7:15–8:15PM		Gi 12–1:00PM
All Levels BJJ Specialty		Gi 7:00-8:00AM		Gi 7-8:00AM	No Gi 7-8:00AM Wrestling 5-6:00PM	WOMEN ONLY 11:15am-Noon

MUAY THAI	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels	12–1PM 6–7PM	7–7:45PM WOMEN ONLY 8:15–9PM	12–1PM	7–7:45PM WOMEN ONLY 8:15–9PM	12–1PM	11–12PM
Advanced			7–8PM		7–8PM	

*Additional costs may apply, invitation only.

MMA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Competition (Advanced)		MMA 6–6:45PM		MMA 6–6:45PM		

CROSSFIT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout of the Day (WOD)	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	CompWOD 8:30-10AM FREE WOD 10–11AM