

CAPITAL MMA & ELITE FITNESS



PHASE THREE INDOOR SCHEDULE

Loudoun-Dulles

703.651.5940

CapitalMMA.com

MON. - THURS: 4:00pm-8:00PM

FRIDAY: 5:00PM-7:00PM(No Staff)

SATURDAY: 10:00AM-12:00PM

KIDS MMA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jiu-Jitsu (Ages 5 and up)	Gi Jiu-Jitsu: 6:00-6:45PM		Wrestling/No-Gi: 6:00-6:45PM			
Muay Thai & Kickboxing (Ages 5 and up)		6:00-6:45PM		6:00-6:45PM		

JIU-JITSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gracie Jiu-Jitsu		Gi: 7:00-7:45PM		Gi: 7:00-7:45PM		Gi: 10:00-10:45AM

STRIKING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Muay Thai	Muay Thai 7:00-7:45PM		Muay Thai 7:00-7:45PM			Muay Thai 11:00-11:45AM

CROSSFIT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout of the Day (WOD)	5:00-5:45PM 6:00-6:45PM 7:00-7:45PM	5:00-5:45PM 6:00-6:45PM 7:00-7:45PM	5:00-5:45PM 6:00-6:45PM 7:00-7:45PM	5:00-5:45PM 6:00-6:45PM 7:00-7:45PM	5:00-5:45PM 6:00-6:45PM	10:00-10:45AM

KidsFit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout of the Day (WOD)	5:00-5:45PM			5:00-5:45PM		10:00-10:45AM

FAQs

Follow up on social media for announcements, upcoming events and member highlights

Facebook:

<https://www.facebook.com/CapitalMMALoudoun/>

<https://www.facebook.com/CapitalCrossFitLoudounDulles/>

Instagram:

capitalmmafit, capital_muay_thai, capitalcrossfit606, capitalbjj606

Where can I attend classes?

Our policy at Capital is, pay at one – play at all current and future locations!

Minimum requirements for our MMA class

Once you have achieved an understanding of the fundamentals of our Gracie Jiu-Jitsu program and our striking program (3-6 months of training minimum), and have achieved high fitness levels, you may then request to participate in our MMA class.

Where do I learn about closings, events and seminars?

When Fairfax County Public Schools are closed, we usually are too. Check our Facebook Page

<https://www.facebook.com/CapitalMMALoudoun> for more information when this happens. Use our Yearly

Calendar to learn about holiday closings, events and seminars (access this by using the link on our Facebook Page). Capital provides a generous open training policy. Members are here training through blizzards, earthquakes, alien invasions and the occasional zombie apocalypse. Again, check our Facebook Page to learn about open training opportunities.

ABOUT YOUR MEMBERSHIP

Memberships Options:

We have several membership options; Starter Plans, Unlimited plans and a Family Plan. Plans start at 4 classes per month to unlimited classes per month. Also make sure to ask about our Hometown Heroes Membership is you are an active Police officers, Firefighters, Nurses, Teachers or active and former Military.

How do I change or cancel my membership?

All changes to membership agreements, from upgrades to cancellations, must be confirmed through email by the managing member of the facility where you initially signed up at. Our plan requires three more monthly payments AFTER notice of cancellation OR our BUYOUT clause of \$250 for Starter Plans, \$350 for our Unlimited Plans and \$500 for Family Plans. Cancellations are ONLY valid by the managing member of the facility you initially signed up at.

Members are charged Annual Dues in January or February each year.

Capital charges \$29.95 per member/family.

