



# Alexandria Facility

facebook.com/CapitalMMAFit  
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**Phase Three**  
**RSVP REQUIRED**  
**(thru Zen Planner Member App)**  
Effective Sept 17th, 2020

KIDS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kid's Gracie Jiu Jitsu	5:15-6:00PM Ages 5-7	5:15-6:00PM Ages 5-7	5:15-6:00PM Ages 5-7	5:15-6:00PM Ages 5-7		10:00-10:45AM Family Class
	6:15-7:00PM Ages 8+	6:15-7:00PM Ages 8+	6:15-7:00PM Ages 8+	6:15-7:00PM Ages 8+		

JIU-JITSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gracie Jiu Jitsu	7:15-8:00PM	7:00-7:45AM 7:15-8:00PM 8:10-8:55PM	7:15-8:00PM 8:10-8:55PM	7:00-7:45AM 7:15-8:00PM 8:10-8:55PM	Noon-12:45PM	11:00AM-Noon

MUAY THAI	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels	12:00-1:00PM 6:00-7:00PM 7:00-8:00PM	10:00-11:00AM 6:00-6:45PM 7:00-8:00PM 8:00-9:00PM	12:00-1:00PM 6:00-7:00PM 7:00-8:00PM	10:00-11:00AM 7:00-8:00PM 8:00-9:00PM	12:00-1:00PM	11:00AM-Noon

YOGA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels					7:00-8:00pm	

CROSSFIT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Community Fitness WOD	6:00-7:00AM 10:00-11:00AM 5:10-6:10PM 6:10PM-7:10PM	6:00-7:00AM 10:00-11:00AM 5:10-6:10PM 6:10PM-7:10PM	6:00-7:00AM 10:00-11:00AM 5:10-6:10PM 6:10PM-7:10PM	6:00-7:00AM 10:00-11:00AM 5:10-6:10PM 6:10PM-7:10PM	6:00-7:00AM 10:00-11:00AM 5:10-6:10PM	8:30-10AM CompWOD 10:00-11:00AM