



CAPITAL MMA & ELITE FITNESS LORTON FACILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KIDS' CLASSES	BJJ	Kickboxing 5:15 - 6:00PM	BJJ	Kickboxing 5:15 - 6:00PM	BJJ No Gi 5:30 - 6:15PM	BJJ
	<i>Tykes</i> 5:30 - 6:15PM		<i>Tykes</i> 5:30 - 6:15PM			<i>Tykes</i> 10:00 – 10:45AM
	<i>Juniors</i> 6:15 – 7:00PM		<i>Juniors</i> 6:15 – 7:00PM			<i>Juniors</i> 10:45 – 11:30AM
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH & CONDITIONING		6:00 – 7:00PM		6:00 – 7:00PM		Ruck Fit 9:00 – 10:00AM
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MUAY THAI	6:30 – 7:30PM	8:00 – 9:00PM	6:30 – 7:30PM	8:00 – 9:00PM		11:00 - 12:00PM
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GRACIE JIU-JITSU	6:30 – 7:30AM	Advanced 7:00 – 8:00PM	6:30 – 7:30AM	Advanced No Gi 7:00 – 8:00PM	Q & A 6:30 – 7:30AM	Instruction 12:00 – 1:00PM Open Mat 1:00 – 2:00PM
	Instruction 7:30 – 8:30PM Sparring 8:30 – 9:00PM		Instruction 7:30 – 8:30PM Sparring 8:30 – 9:00PM		No Gi Instruction 6:30 – 7:15PM Sparring 7:15 – 8:00PM	

Phone: (571) 408-9664

E-mail: Lorton@CapitalMMA.com



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