



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
	Tykes 5:30 - 6:15PM		Tykes 5:30 - 6:15PM			Tykes 10:00 - 10:45AM
	Juniors 6:15 - 7:00PM		Juniors 6:15 - 7:00PM			Juniors 10:45 - 11:30AM
STRENGTH & CONDITIONING		6:00 - 7:00PM		6:00 - 7:00PM		Ruck Fit 9:00 - 10:00AM
MUAY THAI	6:30 - 7:30PM	8:00 - 9:00PM	6:30 - 7:30PM	8:00 - 9:00PM		11:00 - 12:00PM
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	

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