



Alexandria Facility

facebook.com/CapitalMMAFit
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2021 Class Schedule

RSVP REQUIRED

(thru Zen Planner Member App)

Effective March 1, 2021

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

JIU-JITSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gracie Jiu Jitsu	7:00-7:45AM 7:15-8:15PM	7:00-7:45AM 7:15-8:15PM	7:00-7:45AM 7:15-8:15PM	7:00-7:45AM 7:15-8:00PM (Dummies Only) 8:00-8:45PM (Dummies Only)	7:00-7:45AM	11:00AM-Noon

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

YOGA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels					6:30-7:30pm	

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