

# Capital MMA & Elite Fitness

Lorton Facility

Adult Classes



## Monday

### AM Classes

6:30 AM: Gracie Jiu-Jitsu  
9:30 AM: Elite Fitness  
11:00 AM: Kickboxing

### PM Classes

12:00 PM: Gracie Jiu-Jitsu  
5:30 PM: Elite Fitness  
6:30 PM: Elite Fitness  
6:30 PM: Muay Thai  
7:30 PM: Fundamentals & Advanced  
Gracie Jiu-Jitsu

## Tuesday

### AM Classes

9:30 AM: Elite Fitness  
11:00 AM: Kickboxing

### PM Classes

12:00 PM: Gracie Jiu-Jitsu (No Gi)  
6:00 PM: Gracie Jiu Jitsu  
Fundamentals  
7:00 PM: Gracie Jiu-Jitsu  
8:00 PM: Muay Thai

## Wednesday

### AM Classes

6:30 AM: Gracie Jiu-Jitsu  
9:30 AM: Elite Fitness  
11:00 AM: Kickboxing

### PM Classes

12:00 PM: Gracie Jiu-Jitsu  
5:30 PM: Elite Fitness  
6:30 PM: Elite Fitness  
6:30 PM: Muay Thai  
7:30 PM: MMA

## Thursday

### AM Classes

9:30 AM: Elite Fitness  
11:00 AM: Kickboxing

### PM Classes

12:00 PM: Gracie Jiu-Jitsu (No Gi)  
6:00 PM: Gracie Jiu Jitsu  
Fundamentals  
7:00 PM: Gracie Jiu-Jitsu (No Gi)  
8:00 PM: Muay Thai

## Friday

### AM Classes

6:30 AM: Gracie Jiu-Jitsu (No -  
Gi)

### PM Classes

12PM: Gracie Jiu-Jitsu (No Gi)  
6:30 PM: Gracie Jiu-Jitsu (No Gi)  
8:00PM: Advanced Muay Thai

## Saturday

### AM Classes

10:30 AM: Elite Fitness  
11:00 AM: Muay Thai

### PM Classes

12:00 PM: Gracie Jiu-Jitsu