

# CAPITAL MMA & ELITE FITNESS



## Capital MMA Loudoun/Dulles Class Schedule

CapitalMMA.com

703.665.2079

MON. - THURS:

4:30pm – 8:00pm

FRI: 5:00PM – 7:00PM (No Staff)

SATURDAY: 10:00am – 12:00pm

KIDS MMA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jiu-Jitsu (Ages 5 and up)	Gi Jiu-Jitsu: 6:00-7:00PM		Wrestling/ No-Gi: 6:00-7:00PM			Gi Jiu-Jitsu: 10:00-11:00AM
Kickboxing (Ages 5 and up)		6:00-7:00PM		6:00-7:00PM		

JIU-JITSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No-Gi	All levels: 7:00–8:00PM		***Advanced: 7:00-8:00PM		All levels: 6:00–7:00PM	
Gi		6:30–7:30AM 7:00–8:00PM		6:30–7:30AM 7:00–8:00PM		10:00–11:00AM
Sparring						***GI: 11:00-12:00PM

STRIKING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boxing	6:00-7:00PM		6:00-7:00PM			
BagWork		6:00-7:00PM		6:00-7:00PM		
Muay Thai	Muay Thai 7:00–8:00PM		Muay Thai 7:00–8:00PM			Muay Thai 11:00–12:00PM
Advanced (Invite only)		***Advanced 7:00-8:00PM		***Advanced 7:00-8:00PM	***Intermediate 6:00–7:00PM	

CROSSFIT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open/Strength Training	4:30-5:00PM 7:00-8:00PM	4:30-5:00PM 7:00-8:00PM	4:30-5:00PM 7:00-8:00PM	4:30-5:00PM 7:00-8:00PM		11:00–12:00AM
Workout of the Day (WOD)	5:00-6:00PM 6:00-7:00PM	5:00-6:00PM 6:00-7:00PM	5:00-6:00PM 6:00-7:00PM	5:00-6:00PM 6:00-7:00PM	5:00-6:00PM 6:00-7:00PM	10:00–11:00AM

\*\*\*For our Advanced, Intermediate and Sparring classes you'll need to speak with the head coach first before attending class. These classes are not an "all levels" class. If you have any questions about the class or how to eventually start to attend these classes please talk with the head coaches or our front desk.

## **FAQs**

### **Where can I attend classes?**

Our policy at Capital is, pay at one – play at all current and future locations!

## **Social Media**

### **Facebook:**

CapitalMMAloudoun  
Capital CrossFit - loudoun/dulles  
Capital Jiu Jitsu

### **Instagram:**

capitalmmafit  
capital\_muay\_thai  
capitalcrossfit606  
capitalbjj606

## **Required Gear**

The following is a list of required gear for our programs:

### **Jiu-Jitsu**

- Capital MMA Gi

### **Muay Thai/Kickboxing**

- 16oz boxing glove for adults and youth size for kids
- Sparring shin guards for adults, slip on for kids
- Thai shorts, Mouthguard and Cup

## **Where do I learn about closings, events and seminars?**

When Fairfax County Public Schools are closed, especially due to weather, we typically are as well. **BUT** please check our Facebook Page <https://www.facebook.com/CapitalMMALoudoun> or Instagram pages for our most recent announcements.

## **ABOUT YOUR MEMBERSHIP**

### **Memberships Options:**

We have several membership options; Unlimited, Custom and a Family Plan. All plans allow unlimited classes per month. Also make sure to ask about our Hometown Heroes/Custom Membership. If you are an active Police officers, Firefighters, Nurses, Teachers or active and former Military.

### **How do I change or cancel my membership?**

All plans require a **30 day notice of cancellation.**

**Members are charged Annual Dues in January or February each year of \$29.95 per member/family**