



# Capital MMA & Elite Fitness

## Live Virtual Schedule

### Week of March 23rd ONLY

### Via ZOOM App

Download ZOOM at: [zoom.us](https://zoom.us)

<b>JIU-JITSU</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels Gracie Jiu-Jitsu	<a href="#">7:00-8:00PM</a>	<a href="#">7:00-8:00PM</a>	<a href="#">7:00-8:00PM</a>	<a href="#">7:00-8:00PM</a>		
Express Fitness For Jiu Jitsu				<a href="#">6:00-6:20PM</a>		

<b>Kickboxing</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All Levels Muay Thai	<a href="#">12:00-1:00PM</a> <a href="#">7:00-8:00PM</a>	<a href="#">7:00-8:00PM</a>	<a href="#">11:00AM-Noon</a> <a href="#">7:00-8:00PM</a>	<a href="#">8:00-9:00PM</a>	<a href="#">12:00-1:00PM</a>	<a href="#">10:00-11:00AM</a>	<a href="#">10:00-11:00AM</a> Mobility

<b>FITNESS</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels Workout of the Day (WOD)	<a href="#">6:00-7:00AM</a> <a href="#">10:00-11:00AM</a> <a href="#">5:15-6:15PM</a> <a href="#">6:15-7:00PM</a>	<a href="#">6:00-7:00AM</a> <a href="#">10:00-11:00AM</a> <a href="#">5:15-6:15PM</a> <a href="#">6:15-7:00PM</a>	<a href="#">6:00-7:00AM</a> <a href="#">10:00-11:00AM</a> <a href="#">5:15-6:15PM</a> <a href="#">6:15-7:00PM</a>	<a href="#">10:00-11:00AM</a> <a href="#">5:15-6:15PM</a> <a href="#">6:15-7:00PM</a>	<a href="#">6:00-7:00AM</a> <a href="#">10:00-11:00AM</a>	
Specialty (All Levels)	<a href="#">7:30-8:15AM</a> Mobility				<a href="#">7:30-8:15AM</a> Mobility	<a href="#">8:30-9:30</a> CompWOD

**No Equipment Necessary!!**