



Capital MMA & Elite Fitness

Live Virtual Schedule

Via ZOOM App

Download ZOOM at: zoom.us

JIU-JITSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family All-Levels (Kids & Adults)	3:00-4:00PM	3:00-4:00PM	3:00-4:00PM	3:00-4:00PM	3:00-4:00PM	3:00-4:00PM
All Levels Gracie Jiu-Jitsu	7:00-8:00PM	7:00-8:00PM	7:00-8:00PM	7:00-8:00PM		

Kickboxing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All Levels Muay Thai	12:00-1:00PM	7:00-8:00PM	11:00AM-Noon 7:00-8:00PM	8:00-9:00PM	12:00-1:00PM	10:00-11:00AM	10:00-11:00AM Mobility

FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
All Levels Workout of the Day (WOD)	6:00-7:00AM 10:00-11:00AM 5:15-6:15PM 6:15-7:00PM	6:00-7:00AM 10:00-11:00AM 5:15-6:15PM 6:15-7:00PM	6:00-7:00AM 10:00-11:00AM 5:15-6:15PM 6:15-7:00PM	6:00-7:00AM 10:00-11:00AM 5:15-6:15PM 6:15-7:00PM		6:00-7:00AM 10:00-11:00AM	
Specialty (All Levels)	7:30-8:15AM Mobility			7:30-8:15AM Mobility	7:30-8:15AM Mobility	8:30-9:30 CompWOD	

No Equipment Necessary!!