



Capital MMA & Elite Fitness

Live Virtual Schedule

Via ZOOM App

Download ZOOM at: zoom.us

JIU-JITSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Class (All Levels)	6:00-7pm	6:45-7:30	6:00-7pm	7:15-8:00PM		1:00-1:45PM
All Levels Gracie Jiu-Jitsu	7:15-8:15PM	7:30-8:30PM	7:15-8:15PM			
Specialty (All Levels)	6:00-7:00AM Jiu Jitsu Fundamentals	6:00-6:20PM Express Fitness	6:00-7:00AM Judo Fundamentals	6:00-6:20PM Express Fitness		

Kickboxing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
All Levels Muay Thai	12:00-1:00PM 7:00-8:00PM	6:00-7:00PM	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)	10:00-11:00AM 5:15-6:15PM	10:00-11:00AM 5:15-6:15PM	10:00-11:00AM 5:15-6:15PM	10:00-11:00AM 5:15-6:15PM	10:00-11:00AM	
Specialty (All Levels)	7:30-8:00AM Mobility 12:00-1:00PM Rising Tide	12:00-1:00PM Rising Tide	12:00-1:00PM Rising Tide	12:00-1:00PM Rising Tide	7:30-8:00AM Mobility 12:00-1:00PM Rising Tide	8:30-9:30 CompWOD

No Equipment Necessary!!