



CAPITAL MMA & ELITE FITNESS LORTON FACILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	Gracie Jiu-Jitsu		Gracie Jiu-Jitsu		Gracie Jiu-Jitsu	
7:00 AM						
7:30 AM		Functional Fitness		Functional Fitness		
8:00 AM						
8:30 AM						Functional Power Development
9:00 AM						Ruck Fit
9:30 AM						
10:00 AM						Tykes BJJ (Ages: 4-8)
10:30 AM						
11:00 AM	Kickboxing	Kickboxing	Kickboxing	Kickboxing		Juniors BJJ (Ages: 9-14)
11:30 AM						
12:00 PM	Gracie Jiu-Jitsu	Gracie Jiu-Jitsu No Gi	Gracie Jiu-Jitsu	Gracie Jiu-Jitsu No Gi		Gracie Jiu-Jitsu
12:30 PM						
1:00 PM						Open Mat
1:30 PM						
4:00 PM	Functional Fitness		Functional Fitness			
4:30 PM						
5:00 PM						
5:30 PM	Tykes BJJ (Ages: 4-8)	Kids' Kickboxing (Ages: 7-14)	Tykes BJJ (Ages: 4-8)	Kids' Kickboxing (Ages: 7-14)	Kids' BJJ (Competition Team) (Ages: 8-14)	
6:00 PM						Juniors BJJ (Ages: 9-14)
6:30 PM						Gracie Jiu-Jitsu No Gi
7:00 PM						
7:30 PM	Gracie Jiu-Jitsu	Gracie Jiu-Jitsu	Gracie Jiu-Jitsu	Gracie Jiu-Jitsu No Gi	Open Mat	
8:00 PM						
8:30 PM	Open Mat	Muay Thai	Open Mat	Muay Thai		