

CAPITAL MMA & ELITE FITNESS



Washington DC - Team Old City

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CapitalMMA.com

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Adult Jiu-Jitsu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Gi: 6:30 - 8:00 AM	No Gi: 6:30 - 8:00 AM	Gi: 6:30 - 8:00 AM	No Gi: 6:30 - 8:00 AM	Gi: 6:30 - 8:00 AM	Gi: 10:00-11:30AM
Noon	Gi: 12:00 - 1:00 PM	No Gi: 12:00 - 1:00 PM		Gi: 12:00 - 1:00 PM		
Evening	Gi: 5:30 - 7:00 PM	No Gi: 5:30 - 7:00 PM	Gi: 5:30 - 7:00 PM	No Gi: 5:30 - 7:00 PM	Gi: 5:30 - 7:00 PM	

Membership at this location gets you access to every Capital MMA location.

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