

# CAPITAL MMA & ELITE FITNESS



[www.CapitalMMA.com](http://www.CapitalMMA.com)

Fairfax@capitalmma.com

[Follow us on Facebook](#) and

IG @capitalmmafairfax

703-268-0323

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:30 PM Adult BJJ	7-7:45 PM Family BJJ	7-8:00 PM Adult BJJ	7-8:00 PM Family BJJ		1-1:45 PM Family BJJ
					2:00 PM Women's BJJ