

CAPITAL MMA & ELITE FITNESS



Loudoun-Dulles Class Schedule
703.665.2079
CapitalMMA.com
MON. - THURS: 4:30pm-8:00PM
FRI: 5:00PM-7:00PM(No Staff)
SATURDAY: 10:00AM-12:00PM

KIDS MMA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jiu-Jitsu (Ages 5 and up)	Gi Jiu-Jitsu: 6:00-7:00PM		Wrestling/No-Gi: 6:00-7:00PM			Gi Jiu-Jitsu: 10:00-11:00AM
Muay Thai (Ages 5 and up)		6:00-7:00PM		6:00-7:00PM		
KidsFit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout of the Day (WOD)	5:00-6:00PM			5:00-6:00PM		11:00-12:00AM

JIU-JITSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gracie Jiu-Jitsu		Gi: 7:00-8:30PM		Gi: 7:00-8:30PM		Gi: 10:00-11:00AM
Advanced Class			7:00-8:30pm			11:00-11:30AM
Women Only	7:00-8:00PM					
Wrestling for MMA					6:00-7:00PM	

STRIKING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boxing	6:00-7:00PM		6:00-7:00PM			
Bag Class		6:00-7:00PM		6:00-7:00PM		
Muay Thai	7:00-8:00PM		7:00-8:00PM			11:00-12:00PM
Dutch Kickboxing		7:00-8:00PM		7:00-8:00PM		
Competition Team					6:00-7:00PM	10:00-11:00AM

CROSSFIT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout of the Day (WOD)	5:00-6:00PM 6:00-7:00PM	5:00-6:00PM 6:00-7:00PM	5:00-6:00PM 6:00-7:00PM	5:00-6:00PM 6:00-7:00PM	5:00-6:00PM 6:00-7:00PM	10:00-11:00AM

FAQs

Follow up on social media for announcements, upcoming events and member highlights

Facebook:

<https://www.facebook.com/CapitalMMALoudoun/>

<https://www.facebook.com/CapitalCrossFitLoudounDulles/>

Instagram:

capitalmmafit, capital_muay_thai, capitalcrossfit606, capitalbjj606

Where can I attend classes?

Our policy at Capital is, pay at one – play at all current and future locations!

Minimum requirements for our MMA class

Once you have achieved an understanding of the fundamentals of our Gracie Jiu-Jitsu program and our striking program (3-6 months of training minimum), and have achieved high fitness levels, you may then request to participate in our MMA class.

Where do I learn about closings, events and seminars?

When Fairfax County Public Schools are closed, we usually are too. Check our Facebook Page

<https://www.facebook.com/CapitalMMALoudoun> for more information when this happens. Use our Yearly

Calendar to learn about holiday closings, events and seminars (access this by using the link on our Facebook Page). Capital provides a generous open training policy. Members are here training through blizzards, earthquakes, alien invasions and the occasional zombie apocalypse. Again, check our Facebook Page to learn about open training opportunities.

ABOUT YOUR MEMBERSHIP

Memberships Options:

We have several membership options; Starter, CrossFit, MMA, Unlimited and a Family Plan. Plans start at 8 classes per month to unlimited classes per month. Also make sure to ask about our Hometown Heroes Membership, this is exclusively for active Police officers, Firefighters, Nurses, Teachers or active and former Military.

How do I change or cancel my membership?

All changes to membership agreements, from upgrades to cancellations, must be confirmed through email by the managing member of the facility where you initially signed up at. Our plan requires three more monthly payments AFTER notice of cancellation OR our BUYOUT clause of \$350 for Individual Plans and \$650 for Family Plans. **Cancellations are ONLY valid by the managing member of the facility where you initially signed up.**

Members are charged Annual Dues in January or February each year.

Capital charges \$29.95 per member/family.

