



# CAPITAL MMA & ELITE FITNESS

## Alexandria Location

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## 2024 Class Schedule

**RSVP REQUIRED**  
 (thru Zen Planner Member App)  
 Effective Jan 2, 2024

KIDS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kid's Gracie Jiu Jitsu	5:15-6:00PM Ages 5-7	5:15-6:00PM Ages 5-7	5:15-6:00PM Ages 5-7	5:15-6:00PM Ages 5-7	6:00-6:45PM Kids BullyProof	10:00-10:45AM Family Class
	6:15-7:00PM Ages 8+	6:15-7:00PM Ages 8+	6:15-7:00PM Ages 8+	6:15-7:00PM Ages 8+		

JIU-JITSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gracie Jiu Jitsu	7:00-7:45AM	7:00-7:45AM (No-Gi)	7:00-7:45AM	7:00-7:45AM	7:00-7:45AM (No-Gi)	11:00AM-Noon
	7:15-8:15PM	7:15-8:15PM	7:15-8:15PM	Noon-1:00PM	5:00-6:00PM (No-Gi)	
				7:15-8:15PM (No-Gi)	6:45-7:30PM Self-Defense	

MUAY THAI	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels	7:00-8:00PM	6:00-7:00AM (Conditioning)	12:00-1:00PM	6:00-7:00AM (Conditioning)	12:00-1:00PM	10:00-11:00AM
		6:00-6:45PM 8:00-9:00PM	7:30-9PM (Advanced)	7:00-8:00PM 8:00-9:00PM		11:00AM-Noon (Advanced)

BOXING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels	Noon-1:00PM	7:00-8:00PM (Women's Only)		6:00-7:00PM		

MMA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Experience Recommended	5:30-7:00PM		6:00-7:30PM			

YOGA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Levels					6:30-7:30pm	

CROSSFIT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Community Fitness WOD	5:00-6:00AM 6:00-7:00AM 5:10-6:10PM 6:10PM-7:10PM	5:00-6:00AM 6:00-7:00AM 5:10-6:10PM 6:10PM-7:10PM	5:00-6:00AM 6:00-7:00AM 5:10-6:10PM 6:10PM-7:10PM	6:00-7:00AM 5:10-6:10PM 6:10PM-7:10PM	5:00-6:00AM 6:00-7:00AM 5:10-6:10PM	9:00-10:00AM (Community WOD)