



CAPITAL MMA BURKE JIU JITSU CLASS SCHEDULE

703-764-0800 or BURKE@CAPITALMMA.COM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>8:00 pm</u> Adult Jiu Jitsu</p>	<p><u>5:50 pm</u> KIDS JIU JITSU 5-8 yrs</p>	<p><u>8:00 pm</u> Adult Jiu Jitsu</p>	<p><u>5:50 pm</u> KIDS JIU JITSU 5-8 yrs</p>		<p><u>12:00 pm</u> Kids Jiu Jitsu (7 & up)</p> <p><u>1:00 pm</u> Adult Jiu Jitsu</p>
	<p><u>6:30 pm</u> KIDS JIU JITSU 9-12 yrs</p>		<p><u>6:30 pm</u> KIDS JIU JITSU 9-12 yrs</p>		
	<p><u>7:15 pm</u> Adult Jiu Jitsu</p>		<p><u>7:15 pm</u> Adult Jiu Jitsu</p>		