



# Class Schedule

Email [oldcity@capitalmma.com](mailto:oldcity@capitalmma.com)  
or follow us on Instagram  
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810 H St NE, Washington DC, 20002

## **Mondays**

Brazilian Jiu Jitsu (No Gi) 6:30 AM - 7:30 AM  
Littles BJJ (ages 4-6) 5:00 PM - 6:00 PM  
Brazilian Jiu Jitsu (No Gi) 6:30 PM - 7:30 PM

## **Tuesdays**

BJJ Foundations Class (Beginners, No Gi) 6:30 AM - 7:30 AM  
Brazilian Jiu Jitsu (No Gi) 12:00 PM - 1:00 PM  
All-Levels Kids BJJ 5:15 PM - 6:15 PM  
Women's Only BJJ (No Gi) 6:30 PM - 7:30 PM  
Competition Team Training (Invite Only, No Gi) 7:30 PM - 9:00 PM

## **Wednesdays**

Brazilian Jiu Jitsu (No Gi) 6:30 AM - 7:30 AM  
All-Levels Kids BJJ 5:15 PM - 6:15 PM  
BJJ Foundations (Beginners, No Gi) 6:30 PM - 7:30 PM  
Brazilian Jiu Jitsu (No Gi) 7:30 PM - 8:30 PM

## **Thursdays**

Brazilian Jiu Jitsu (Gi) 6:30 AM - 7:30 AM  
Brazilian Jiu Jitsu (No Gi) 12:00 PM - 1:00 PM  
BJJ Foundations (Beginners, Gi) 6:30 PM - 7:30 PM  
Brazilian Jiu Jitsu (Gi) 7:30 PM - 8:30 PM

## **Fridays**

Brazilian Jiu Jitsu (No Gi) 6:30 AM - 7:30 AM  
Brazilian Jiu Jitsu (No Gi) 6:00 PM - 7:00 PM

\*Every second Friday of the month is Women's Only Open Mat in place of the evening class, followed by Co-ed Open Mat 7:00-8:30 PM\*

## **Saturdays**

Kids BJJ Fundamentals (Beginners) 8:00 AM - 9:00 AM  
All-Levels Kids BJJ 9:00 AM - 10:00 AM  
Teen-Only BJJ (Ages 12+) 10:00 AM - 11:00 AM  
Brazilian Jiu Jitsu (No Gi) 11:15 AM - 12:15 PM

## **Sundays**

Kids Open Mat 8:15 AM - 9:00 AM  
Adult Open Mat 10:00 AM - 12:00 PM