

CAPITAL MMA FAIRFAX

Jiu Jitsu Class Schedule

	MON	TUE	WED	THU	FRI	SAT
10:00 AM						Gracie Jiu Jitsu Family (All Ranks Ages 7 & Up)
1:00 PM						Gracie Jiu Jitsu Family (All Ranks Ages 7 & Up)
5:15 PM	Gracie Jiu Jitsu Kids Only Ages 7-12					
6:30 PM		Gracie Jiu Jitsu Family (All Ranks Ages 7 & Up)		Gracie Jiu Jitsu Family (All Ranks Ages 7 & Up)	Open Mat (Starts 6:15 PM)	
7:15 PM	Gracie Jiu Jitsu Adults Fundamentals		Gracie Jiu Jitsu Adults Fundamentals			
8:15 PM	Gracie Jiu Jitsu Blue Belts and Above		Gracie Jiu Jitsu Blue Belts and Above			

Gracie Jiu Jitsu Adults Fundamentals
 - Required for white belts
 - Higher belts are welcome too

Questions?
 Call or message (703) 268-0323

