

2025 Washington Parent Magazine's top pick for Family MA in Alexandria

Boxing | Kickboxing | Brazilian Jiu-Jitsu | Filipino Martial Arts (Modern Arnis / Doce Pares)

CMAA TRAINING SCHEDULE 2.0

Belt Rank	Monday	Tuesday	Wednesday	Thursday	Friday
LITTLE NINJAS TRAINING SCHEDULE (30 MINUTES) AGES 4-5					
Lil' Turtles		4:45	BJJ - 5:30	5:15	
JUNIORS TRAINING SCHEDULE (45 MINUTES) AGES 6-10					
White & Gold	4:45		BJJ - 6:00		5:30
Green & Purple		5:15	BJJ - 4:45		6:15
Blue & Red	5:30	BJJ - 6:00			7:00
Brown & Novice Black	6:15			BJJ - 6:00	4:45
Junior Black		7:30	7:30	BJJ - 7:00	
TEEN / ADULT TRAINING SCHEDULE (45 MINUTES) AGES 11 & UP					
White to Green	7:45	Noon / 6:45		Noon / BJJ - 7:00	
Purple and UP		Noon / 7:30	7:30	Noon / BJJ - 7:00	
2nd Dan & UP	7:00		6:45 or 7:30	Noon / BJJ - 7:00	



CapitolMa.com

WeLoveCMAA@gmail

703/924-1234

GET STARTED HERE!



2026 Vacation Dates

Spring Break: 4/1 to 4/3

Labor Day Break: 9/4 to 9/7

Memorial Break: 5/22 to 5/25

Thanksgiving Break: 11/25 to 11/27

4th of July Break: 7/3 to 7/6

Winter Break: 12/21 to 01/1/27

Summer Break: 8/3 to 8/7