

CAPITOL MARTIAL ARTS ACADEMY 2021 CALENDAR

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Vacation dates are shaded in gray.
 Summer Camp dates are shaded in yellow.

2021 On-site CLASS SCHEDULE

Belt Rank	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LITTLE NINJAS SCHEDULE (20 MINUTES) AGES 4-5						
Little Ninjas	4:00	---	6:00	5:15	---	---
JUNIOR CLASS SCHEDULE (35 MINUTES) AGES 6-10						
White	4:30	---	6:30	---	5:15*	---
Gold* & Green**	---	5:15	4:30	---	5:15* /6:00**	---
Purple & Blue	5:15	4:30	---	---	6:00	---
Red, Brown & Novice Black	6:00	---	---	6:00	4:30	---
Black Belts	6:45 <small>(2nd DAN ONLY)</small>	6:00	5:15 <small>(2nd DAN ONLY)</small>	4:30	6:45	---
TEEN/ADULT CLASS SCHEDULE (35 MINUTES) AGES 11 & UP						
Novice	7:30	6:45	---	6:45	---	---
Intermediate	7:30	6:45	---	6:45	---	---
Advanced	---	7:30	7:15	7:30	---	---
Black Belt Teens/Adults	6:45 <small>(2nd DAN ONLY)</small>	7:30	5:15 <small>(2nd DAN ONLY)</small>	7:30	6:45	---

*Gold Belt Juniors will train with White Belt Juniors at 5:15p **Green Belt Juniors will train with Purple and Blue Belt Juniors at 6:00pm

We appreciate your understanding as we continue to operate within the guidelines set forth by the State of Virginia. On-site training is TWO CLASSES a week. All On-site classes will stream live via ZOOM.

ZOOM ID: 454 615 6845 Password: Stage2



www.capitolma.com

703-924-1234