

Capital Mma & Elite Fitness | Takoma Park, Md - Takoma Park

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Capital Mma & Elite Fitness | Takoma Park, Md - Takoma Park

Capital MMA & Elite Fitness: A Premier Jiu-Jitsu School in Takoma Park, MD

If you are searching for a welcoming and highly reputable **Jiu-Jitsu school**, look no further than Capital MMA & Elite Fitness in Takoma Park, Maryland. This school offers not only an exceptional training program but also a

community atmosphere that feels like family.

Accessibility for All

Capital MMA & Elite Fitness prioritizes **accessibility**, ensuring that everyone can join in on the martial arts journey. The facility features a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, making it easy for individuals of all abilities to participate in classes and training sessions. This inclusivity sets Capital apart as a leading choice for both seasoned martial artists and newcomers alike.

A Welcoming Environment

Feedback from the community highlights the supportive culture at Capital MMA & Elite Fitness. Many students have noted how they felt welcomed upon joining: "Amazing place. Love this familia." "I felt welcomed from the moment I set foot in the school and felt like I had always been part of the school family." "The coaches and training partners have been awesome companions on this journey."

Expert Instruction Across Multiple Disciplines

The school offers a comprehensive range of classes, including Jiu-Jitsu, Wrestling, Judo, Muay Thai, Boxing, and MMA. With experienced instructors, including Royce Gracie black belts, students can expect top-notch training and mentorship.

Participants have expressed their appreciation for the coaching staff's knowledge and down-to-earth approach:

"The owners and instructors are all very knowledgeable but more importantly down-to-earth people who have fostered a great environment for learning and training." "The advanced students are always willing to share their knowledge with other students."

A Journey of Growth

Many students have shared their personal growth stories since joining Capital MMA:

"I started training in Brazilian Jiu-Jitsu when I turned 50, right before the pandemic. It's been a life-altering experience!" "In a few years I trained, I got in probably the best shape I have ever been." "Today I am a purple belt with a new perspective on life, fitness, and diet."

Community Focus

Capital MMA isn't just about individual improvement; it's about fostering a community where everyone helps each other grow. Members often mention the camaraderie and friendships that develop through shared training experiences:

"I have built great friendships along the way, and that, to me, is the essence of the academy." "Everybody at Capital constantly pushes each other to become better, all while maintaining a safe, fun, and positive environment."

Conclusion

Whether you are a beginner or an experienced martial artist, Capital MMA & Elite Fitness in Takoma Park, MD, provides an unparalleled experience. With its accessible facilities, expert instruction, and a strong sense of community, it's no wonder so many individuals have found their martial arts home here. Don't miss your opportunity to be part of this amazing family!

We are found at

6836 New Hampshire Ave, 20912 Takoma Park, Maryland - United States (US)

The contact line of this **Jujitsu school** is +1301-388-5020

And if you want to send a WhatsApp, you can do so at +1301-388-5020

Our opening hours are:

Day	Hours
Monday	8:30?AM–3?PM
Tuesday	9?AM–1?PM
Wednesday	6:30?AM–10?PM
Thursday	6?AM–10?PM
Friday	6:30?AM–10?PM
Saturday	6?AM–10?PM
Sunday	6:30?AM–10?PM

The website is Capital MMA & Elite Fitness | Takoma Park, MD

If you need to modify any data that you think is not precise related to this portal, we ask forward a message and we will adjust it quickly. In advance we appreciate it.

Images



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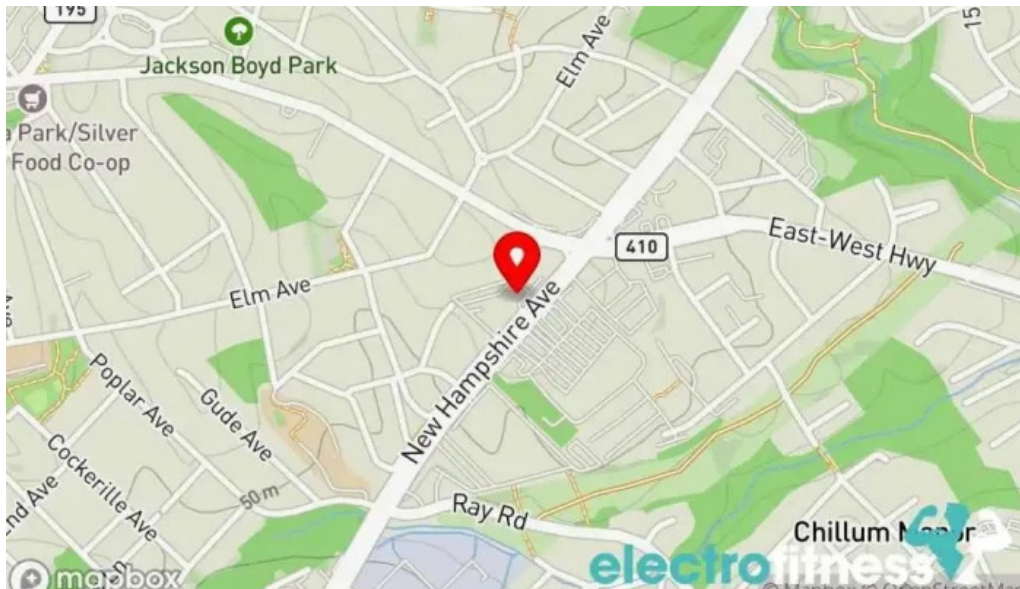
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Tags

Wheelchair-accessible entrance, Accessibility, Wheelchair-accessible car park

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