

# ACMA

ANCIENT CITY MARTIAL ARTS

| Time          | Monday                              | Tuesday                     | Wednesday                           | Thursday                    | Friday                     |
|---------------|-------------------------------------|-----------------------------|-------------------------------------|-----------------------------|----------------------------|
| 6:30-7:30 am  |                                     | Muay Thai                   | Muay Thai                           |                             |                            |
| 7:00-8:00 am  | Jiu-Jitsu<br>Coach Darrell          |                             | Jiu-Jitsu<br>Coach Darrell          |                             | Jiu-Jitsu<br>Coach Darrell |
| 12:00-1:00 pm | Jiu-Jitsu                           |                             | Jiu-Jitsu                           |                             |                            |
| 4:20-4:50 pm  | Lil' Rollers<br>(ages 4,5,6)        |                             | Lil' Rollers<br>(ages 4,5,6)        |                             |                            |
| 5:00-5:50 pm  | Kids Jiu-Jitsu age 7+               | Kids Muay Thai 7+           | Kids Jiu-Jitsu age 7+               | Kids Self-Defense 7+        | Kids Muay Thai 7+          |
|               |                                     | Kids Wrestling 9+<br>Room B |                                     | Kids Wrestling 9+<br>Room B |                            |
| 6:00-7:00 pm  | Muay Thai                           | Muay Thai                   | Muay Thai                           | Hapkido                     | Muay Thai                  |
|               | Jiu-Jitsu<br>Fundamentals<br>Room A | MMA<br>Room B               |                                     | MMA<br>Room B               |                            |
| 7:00-8:00 pm  | Jiu-Jitsu                           | Jiu-Jitsu                   | Jiu-Jitsu<br>Fundamentals<br>Room A | Jiu-Jitsu                   | Open Mat<br>Members Only   |



**Tae Kwon Do Afternoon Homeschool Program**  
**5th Degree Black Belt Stephanie Jenkins**  
**Contact for more info: (804) 536-4064 email:maacademysj@gmail.com**