



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 Coach Darrell		Jiu-Jitsu Coach Darrell		Jiu-Jitsu Coach Darrell
12:00-1:00 pm	Jiu-Jitsu		Jiu-Jitsu		
4:20-4:50 pm	Lil' Rollers (ages 4,5,6)		Lil' Rollers (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+ Room B		Kids Wrestling 9+ Room B	
6:00-7:00 pm	Muay Thai	Muay Thai	Muay Thai	Hapkido	Muay Thai
	Jiu-Jitsu Fundamentals Room A	MMA Room B	Jiu-Jitsu Fundamentals Room A	MMA Room B	Jiu-Jitsu Open Mat Room A
7:00-8:00 pm	Jiu-Jitsu	Jiu-Jitsu	Jiu-Jitsu Open Mat	Jiu-Jitsu	Open Mat 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