

Ramona Brazilian Jiu-Jitsu/MMA

2102 Main Street, Suite 2: Ramona, Ca 92065
 RamonaMMA.com
 760.787.5855

DAY	PROGRAM	GROUP	AGE
MONDAY			
* 4:15 PM - 5:15 PM	Advance Jiu-Jitsu	KIDS	ALL AGES
5:15 PM - 6:00 PM	Fundamental Brazilian Jiu-Jitsu	KIDS	6-14 YEARS
6:00 PM - 7:15 PM	Submission Grappling	ADULTS	
7:15 PM - 8:15 PM	Muay Thai Kickboxing	ADULTS	
8:15 PM - 9:00 PM	MMA Sparring Session	ADULTS	
TUESDAY			
4:30 PM - 5:30 PM	Fundamental Brazilian Jiu-Jitsu & Self Defense	KIDS	5-9 YEARS
5:30 PM - 6:30 PM	Fundamental Brazilian Jiu-Jitsu & Self Defense	KIDS	10-14 YEARS
6:30 PM - 7:30 PM	Jiu-Jitsu Fundamentals & Self Defense	ADULTS	
7:30 PM - 8:30 PM	Advance Jiu-Jitsu	ADULTS	
WEDNESDAY			
* 4:15 PM - 5:15 PM	Advance Submission Grappling (No Gi)	KIDS	ALL AGES
5:15 PM - 6:00 PM	Kids MMA	KIDS	TEAM
6:00 PM - 7:00 PM	Muay Thai Kickboxing	ADULTS	
7:00 PM - 8:30 PM	Submission Grappling	ADULTS	
8:30 PM - 9:00 PM	Open Mat (BJJ, Muay Thai & MMA Sparring)	ADULTS	
THURSDAY			
4:30 PM - 5:30 PM	Fundamental Brazilian Jiu-Jitsu & Self Defense	KIDS	10-14 YEARS
5:30 PM - 6:30 PM	Fundamental Brazilian Jiu-Jitsu & Self Defense	KIDS	5-9 YEARS
6:30 PM - 7:30 PM	Brazilian Jiu-Jitsu	ADULTS	
7:30 PM - 8:30 PM	Takedown & Takedown Defense	ADULTS	
8:30 PM - 9:00 PM	Open Mat (BJJ, Muay Thai & MMA Sparring)	ADULTS	
FRIDAY			
** 5:00 - 6:00 PM	Competition Training	KIDS	ALL AGES
6:00 PM - 7:30 PM	Brazilian Jiu-Jitsu	ADULTS	
SATURDAY			
11:00 AM - 12:00 PM	Open Mat (BJJ, Muay Thai & MMA Sparring)	*****	

*To be a part of the competition team Monday -or- Wed class is MANDATORY

** Friday Competition Training is MANDATORY to be apart of the competition team

PRIVATE LESSONS AND SEMINARS AVAILABLE BY APPOINTMENT

