

Ramona Brazilian Jiu-Jitsu/MMA Center

2102 Main Street, Suite 2: Ramona, CA 92065
 RamonaMMA.com
 760-787-5855

DAY	PROGRAM	GROUP	AGE
MONDAY			
9:00 AM – 10:00 AM	Brazilian Jiu-Jitsu Fundamentals	ADULTS	ALL AGES 6-14 YEARS
*4:15 PM - 5:15 PM	Advance Jiu-Jitsu	KIDS	
5:15 PM – 6:00 PM	Fundamental Brazilian Jiu-Jitsu	KIDS	
6:00 PM – 7:15 PM	Submission Grappling (No Gi)	ADULTS	
7:15 PM – 8:15 PM	Muay Thai Kickboxing	ADULTS	
8:15 PM – 9:00 PM	MMA Sparring Session	ADULTS	
TUESDAY			
9:00 AM – 10:00 AM	Kickboxing	ADULTS	5-9 YEARS 10-14 YEARS
4:30 PM – 5:30 PM	Fundamental Brazilian Jiu-Jitsu & Self-Defense	KIDS	
5:30 PM – 6:30 PM	Fundamental Brazilian Jiu-Jitsu & Self-Defense	KIDS	
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 TEAM
5:15 PM – 6:00 PM	Kids MMA	KIDS	
6:00 PM – 7:00 PM	Intro to MMA	ADULTS	
6:00 PM – 7:00 PM	Kickboxing	ADULTS	
7:00 PM – 8:30 PM	Brazilian Jiu-Jitsu	ADULTS	
8:30 PM – 9:00 PM	Open Mat (BJJ, Muay Thai & MMA Sparring)	ADULTS	
THURSDAY			
9:00 AM – 10:00 AM	Brazilian Jiu-Jitsu	ADULTS	10-14 YEARS 5-9 YEARS
10:00 AM – 10:45 AM	Women's Only Class/ Gracie Jiu-Jitsu	ADULTS	
4:30 PM – 5:30 PM	Fundamental Brazilian Jiu-Jitsu & Self-Defense	KIDS	
5:30 PM – 6:30 PM	Fundamental Brazilian Jiu-Jitsu & Self-Defense	KIDS	
6:30 PM – 7:30 PM	Brazilian Jiu-Jitsu	ADULTS	
7:15 PM – 8:15 PM	Muay Thai Kickboxing	ADULTS	
8:30 PM – 9:00 PM	Open Mat (BJJ, Muay Thai & MMA Sparring)	ADULTS	
FRIDAY			
9:00 AM – 10:00 AM	Kickboxing	ADULTS	ALL AGES
*5:00 PM – 6:00 PM	Advance Jiu-Jitsu	KIDS	
6:00 PM – 7:30 PM	Brazilian Jiu-Jitsu	ADULTS	
SATURDAY			
9:00 AM – 10:30 AM	Open Mat (BJJ, Muay Thai & MMA Sparring)	*****	

*To be a part of the kid's competition team attendance to TWO advance classes per week is MANDATORY.

PRIVATE LESSONS AND SEMINARS AVAILABLE DAILY BY APPOINTMENT

