



Ramona Brazilian Jiu-Jitsu/MMA Center

2102 Main Street, Suite 2: Ramona, CA 92065

RamonaMMA.com

760-787-5855

DAY	PROGRAM	GROUP	INSTRUCTOR	AGE
MONDAY				
9:00 AM – 10:00 AM	Brazilian Jiu-Jitsu Fundamentals	BEGINNERS / ADVANCED	COACH ROMEO	ADULTS
*4:15 PM - 5:15 PM	Kids- Advance Jiu-Jitsu	ADVANCED	PROFESSOR KEVIN	5-13 YEARS
5:15 PM – 6:00 PM	Kids-Fundamental Brazilian Jiu-Jitsu	BEGINNERS	PROFESSOR KEVIN	5-13 YEARS
6:00 PM – 7:15 PM	Submission Grappling (No Gi)	BEGINNERS / ADVANCED	PROFESSOR KEVIN	ADULTS
7:15 PM – 8:15 PM	Muay Thai Kickboxing	BEGINNERS / ADVANCED	KRU DOUG / COACH RUBEN	ADULTS
8:15 PM – 9:00 PM	MMA Sparring Session	FIGHTERS ONLY		ADULTS
TUESDAY				
4:30 PM – 5:30 PM	Kids-Fundamental Brazilian Jiu-Jitsu & Self-Defense	BEGINNERS	PROFESSOR KEVIN	5-7 YEARS
5:30 PM – 6:30 PM	Kids-Fundamental Brazilian Jiu-Jitsu & Self-Defense	BEGINNERS	PROFESSOR KEVIN	8-13 YEARS
6:30 PM – 7:30 PM	Jiu-Jitsu Fundamentals & Self-Defense	BEGINNERS / ADVANCED	PROFESSOR KEVIN	ADULTS
7:30 PM – 8:30 PM	Advance Jiu-Jitsu	ADVANCED	PROFESSOR KEVIN	ADULTS
7:30 PM – 8:30 PM	BOXING	BEGINNERS / ADVANCED	COACH JAY-JAY	ADULTS
WEDNESDAY				
5:30 AM – 6:30 AM	EARLY BIRD TRAINING. JIU-JITSU/ KICKBOXING	BEGINNERS / ADVANCED	COACH ALEX	ADULTS
*4:15 PM – 5:15 PM	Kids-Advance Submission Grappling (No Gi)	ADVANCED	PROFESSOR KEVIN	5-13 YEARS
5:15 PM – 6:00 PM	Kids-Striking for MMA: boxing, kickboxing, ground	BEGINNERS / ADVANCED	COACH JAY-JAY	KIDS-TEAM
6:00 PM – 7:00 PM	Striking for MMA: boxing, kickboxing, ground	BEGINNERS / ADVANCED	COACH JAY-JAY	ADULTS
6:00 PM – 7:00 PM	Kickboxing	BEGINNERS	COACH RUBEN	ADULTS
7:00 PM – 8:30 PM	Brazilian Jiu-Jitsu	BEGINNERS / ADVANCED	PROFESSOR KEVIN	ADULTS
8:30 PM – 9:00 PM	Open Mat (BJJ, Muay Thai & MMA Sparring)	EVERYONE		ADULTS
THURSDAY				
4:30 PM – 5:30 PM	Kids-Fundamental Brazilian Jiu-Jitsu & Self-Defense	BEGINNERS	PROFESSOR KEVIN	8-13 YEARS
5:30 PM – 6:30 PM	Kids-Fundamental Brazilian Jiu-Jitsu & Self-Defense	BEGINNERS	PROFESSOR KEVIN	5-7 YEARS
6:30 PM – 7:30 PM	Brazilian Jiu-Jitsu	BEGINNERS / ADVANCED	PROFESSOR KEVIN	ADULTS
7:15 PM – 8:15 PM	Muay Thai Kickboxing	BEGINNERS / ADVANCED	KRU DOUG / COACH RUBEN	ADULTS
8:30 PM – 9:00 PM	Open Mat (BJJ, Muay Thai & MMA Sparring)	EVERYONE		ADULTS
FRIDAY				
5:30 AM – 6:30 AM	EARLY BIRD TRAINING. JIU-JITSU/ KICKBOXING	BEGINNERS / ADVANCED	COACH ALEX	ADULTS
*5:00 PM – 6:00 PM	Kids-Advance Jiu-Jitsu	ADVANCED	PROFESSOR KEVIN	5-13 YEARS
6:00 PM – 7:30 PM	Brazilian Jiu-Jitsu	BEGINNERS / ADVANCED	PROFESSOR KEVIN	ADULTS
SATURDAY				
8:00 AM – 9:00 AM	Brazilian Jiu-Jitsu	ADULTS	COACH VINNEY	ADULTS
9:00 AM – 10:00 AM	Kids-Brazilian Jiu-Jitsu	BEGINNERS / ADVANCED	COACH VINNEY/ COACH RUBEN	5-13 YEARS

*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

