

JAY PAGES JIU-JITSU SCHEDULE

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TIMES	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:00AM – 7:30AM	GI CTA FUNDAMENTALS	NOGI ALL LVL'S ADV. BJJ	GI CTA FUNDAMENTALS	NOGI ALL LVL'S ADV. BJJ	GI ALL LVL'S ADV. BJJ		
10:30AM – 12:00PM	GI CTA FUNDAMENTALS	NOGI ALL LVL'S ADV. BJJ	GI CTA FUNDAMENTALS	NOGI ALL LVL'S ADV. BJJ	GI ALL LVL'S ADV. BJJ	9 – 10AM KICKBOXING & MMA	
12:00PM – 12:30PM						10 – 11PM WRESTLING	12 – 2PM OPEN MAT
4:00PM – 5:00PM	GI KIDS – FUNDAMENTALS	GI KIDS – ADVANCED	GI KIDS – FUNDAMENTALS	GI KIDS – ADVANCED	NOGI KIDS – FUNDAMENTALS	11 – 12PM COMPETITION TRAINING	
5:00PM – 6:00PM	GI CTA FUNDAMENTALS	(5 – 6:30PM) KICKBOXING & MMA	GI CTA FUNDAMENTALS	(5 – 6:30PM) KICKBOXING & MMA	GI CTA FUNDAMENTALS	10 – 2PM OPEN MAT	
5:00PM – 6:00PM	GI WOMENS ONLY		GI COMPETITION TRAINING		GI WOMENS ONLY		
6:00PM – 7:30PM	GI ALL LVL'S ADV. BJJ	NOGI (6:30 – 8PM) ALL LVL'S ADV. BJJ	GI ALL LVL'S ADV. BJJ	NOGI (6:30 – 8PM) ALL LVL'S ADV. BJJ	GI ALL LVL'S ADV. BJJ		
7:30PM – 8:30PM	GI JUDO		GI JUDO				

KICKBOXING & MMA

This hybrid striking system focuses on explosive techniques in Boxing, Panatukan, Jun Fan/JKD Kickboxing, Savate, and MuayThai (Thai & Dutch methods). In our kickboxing program, students will learn a blend of elbows, punches and knees from each art. These skills are easily translated in MMA, kickboxing, and self-defense situations. From glove drills, focus mitts, Thai-pads, and sparring, students will have a variety of striking options.

CTA FUNDAMENTALS

Designed to provide students with a solid foundation of Brazilian Jiu Jitsu, basic BJJ theory, technique and principles are introduced. Each class incorporates flow drills designed to help students internalize the fluid body mechanics behind the concepts they are learning.

ALL LEVELS ADVANCED BJJ

Take a more in-depth look at the principles and techniques that define professor jay's efficient and exciting style. Students should have a solid understanding of basic BJJ principles, fluency in technique, and body awareness. Situational attacks, transitions, escapes and strategies are explored, in addition to a strong emphasis on instinctual application through live sparring.

WOMENS ONLY

Just as the fundamentals class, the womens only class Designed to provide students with a solid foundation of Brazilian Jiu Jitsu, basic BJJ theory, technique and principles are introduced. Each class incorporates flow drills designed to help students internalize the fluid body mechanics behind the concepts they are learning. This class is only for women and is a great introduction for women!

JUDO & WRESTLING

This Class will focus on taking the most advanced students to the next level and provide the student with a complete game. Fluidity of movement, high level transitions and offensive strategy will be introduced and practiced within the context of the judo & WRESTLING game. Progressive drilling patterns, the intricacies of throws, trips, and take downs will be at the heart of this class.

COMPETITION TRAINING (INVITE ONLY)

Take a more in-depth look at the principles and techniques that encompass competitions. Students should have a solid understanding of basic BJJ principles, fluency in technique, and body awareness. Situation attacks, transitions, escapes and strategies, and game plan development are explored, in addition to a strong emphasis on instinctual application through live sparring.

STRENGTH AND CONDITIONING (S & C)

A strength and conditioning program that balances asymmetries, includes some corrective exercise and mobility work, improves the athlete's strength-to-weight ratio, and includes specific conditioning at the right times. Our program covers the ten components of fitness!

OPEN MAT

Open Mat is a non-instructional class where students may practice the application of technique through independent drilling and timed sparring matches. Students are encouraged to conceptualize their strengths and weaknesses, and to work on internalizing what they learned throughout the week. Guidance by instructors is available.