

TIMES	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:00AM – 7:30AM	GI FUNDAMENTALS	NOGI ALL LVL'S ADV. BJJ	GI FUNDAMENTALS	NOGI ALL LVL'S ADV. BJJ	GI FUNDAMENTALS		
10:30AM – 12:00PM	GI FUNDAMENTALS	NOGI ALL LVL'S ADV. BJJ	GI FUNDAMENTALS	NOGI ALL LVL'S ADV. BJJ	GI FUNDAMENTALS	10 – 12PM SUB SQUAD TRAINING	12 – 2PM OPEN MAT
12:00PM – 4:00PM	GYM IS CLOSED					11 – 12PM KIDS COMP TRAINING	
4:00PM – 5:00PM	GI KIDS – FUNDAMENTALS	GI KIDS – ADVANCED	GI KIDS – FUNDAMENTALS	NOGI KIDS – ADVANCED	NOGI KIDS – FUNDAMENTALS		
5:00PM – 6:00PM	GI FUNDAMENTALS	GI (5 – 6:30PM) WRESTLING	GI FUNDAMENTALS	GI (5 – 6:30PM) WRESTLING	GI FUNDAMENTALS		
5:00PM – 6:00PM	GI WOMENS ONLY		GI SUB SQUAD 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				

FUNDAMENTALS

The fundamentals program is designed and based around core techniques that every Jiu-Jitsu practitioner should know. With this program, students will be able to improve their overall Jiu-Jitsu knowledge, increase movement and receive an introduction into more advanced Jiu-Jitsu techniques. Students are encouraged to ask questions to improve their overall understanding of the techniques and positions. All students from white belt to black belt are allowed in this program.

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!

SUB SQUAD TRAINING (INVITE ONLY)

Take a more in-depth look at the principles and techniques that encompass competitions. More specifically, submission only 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. We emphasize leg locks during these training sessions!

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.

JUDO & WRESTLING

These classes will focus on taking beginners to the most advanced students and provide them with the tools for 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.