



MASTER CYCLE®

May - June 2025

8-Week Forecast*

- **No-Gi Training Attire:** During no-gi classes, students are required to wear Gracie Fight Shorts or gi pants, and a navy blue or black Gracie Academy t-shirt. Students are allowed to wear a gi. All students must wear their belts to no-gi classes. Tank tops, rash guards, ripped t-shirts, or shirts with any other logos are not allowed.
- **Fight Simulation Classes:** In order to participate in this class, participants must have 16-18 oz. blue boxing gloves and a mouth guard. Sharing of boxing gloves is not allowed.
- **Injuries and Sparring:** If you ever get injured, do not miss class. Put on your gi and attend as usual so that you stay up to date on the techniques being taught and you do not lose your attendance rhythm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			May 1	May 2	May 3
				Focus Sparring 7:00pm-8:00pm	Fight Simulation 2:00-3:00pm (no-gi)
Chapter 3.4 – Guard Submissions (Phase 1: Technique)					
5	6	7	8	9	10
		Rapid Mastery 5:00-6:00pm		Focus Sparring 7:00pm-8:00pm	Fight Simulation 2:00-3:00pm (no-gi)
Chapter 3.4 – Guard Submissions (Phase 1: Technique)					
12	13	14	15	16	17
		Rapid Mastery 5:00-6:00pm		Focus Sparring 7:00pm-8:00pm	Fight Simulation 2:00-3:00pm (no-gi)
Chapter 3.5 – Guard Sweeps (Phase 1: Technique)					
19	20	21	22	23	24
		Rapid Mastery 5:00-6:00pm		Focus Sparring 7:00pm-8:00pm	Fight Simulation 2:00-3:00pm (no-gi)
Chapter 3.5 – Guard Sweeps (Phase 1: Technique)					
26	27	28	29	30	31
		Rapid Mastery 5:00-6:00pm		F Focus Sparring 7:00pm-8:00pm	Fight Simulation 2:00-3:00pm (no-gi)
Chapter 3.6 – Sport Guards (Phase 1: Technique)					
June 1	2	3	4	5	6
		Rapid Mastery 5:00-6:00pm		Focus Sparring 7:00pm-8:00pm	Fight Simulation 2:00-3:00pm (no-gi)
Chapter 3.6 – Sport Guards (Phase 1: Technique)					
8	9	10	11	12	13
		Rapid Mastery 5:00-6:00pm		Focus Sparring 7:00pm-8:00pm	Fight Simulation 2:00-3:00pm (no-gi)
Chapter 3 – Guard (Phase 2: Review)					
15	16	17	18	19	20
		Rapid Mastery 5:00-6:00pm		Focus Sparring 7:00pm-8:00pm	Fight Simulation 2:00-3:00pm (no-gi)
Chapter 3 – Guard (Phase 2: Review)					

*Class Schedule Subject to Change.