



MASTER CYCLE®

March – April 2026

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
March 2	3	4 Rapid Mastery 5:00-6:00pm	5	6 Focus Sparring 7:00pm-8:00pm	7 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 1.4 – Lesson 9 Mount Submissions Cross Choke (Phase 1: Technique)					
9	10	11 Rapid Mastery 5:00-6:00pm	12	13 Focus Sparring 7:00pm-8:00pm	14 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 1 – Mount (Phase 2: Review)					
16	17	18 Rapid Mastery 5:00-6:00pm	19	20 Focus Sparring 7:00pm-8:00pm	21 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 1 – Mount (Phase 2: Review)					
23	24	25 Rapid Mastery 5:00-6:00pm	26	27 Focus Sparring 7:00pm-8:00pm	28 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 1 – Mount (Phase 3: Sparring)					
30	31	April 1 Rapid Mastery 5:00-6:00pm	2	3 Focus Sparring 7:00pm-8:00pm	4 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 2.1 – Lesson 10 Side Mount Control Flow (Phase 1: Technique)					
6	7	8 Rapid Mastery 5:00-6:00pm	9	10 Focus Sparring 7:00pm-8:00pm	11 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 2.1 – Lesson 11 Side Mount Controls-Knee On Belly (Phase 1: Technique)					
12	13	14 Rapid Mastery 5:00-6:00pm	15	16 Focus Sparring 7:00pm-8:00pm	17 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 2.2 – Lesson 12 Side Mount Escapes Bump and Shoot (Phase 1: Technique)					
18	19	20 Rapid Mastery 5:00-6:00pm	21	22 Focus Sparring 7:00pm-8:00pm	23 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 2.2 – Lesson 13 Side Mount Escapes Hi Low Guard (Phase 1: Technique)					

*Class Schedule Subject to Change.