



MASTER CYCLE®

July - August 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
July 7	8	9 Rapid Mastery 5:00-6:00pm	10	11 Focus Sparring 7:00pm-8:00pm	12 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 4.1 – Half Guard Bottom (Phase 1: Technique)					
14	15	16 Rapid Mastery 5:00-6:00pm	17	18 Focus Sparring 7:00pm-8:00pm	19 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 4.1 – Half Guard Bottom (Phase 1: Technique)					
21	22	23 Rapid Mastery 5:00-6:00pm	24	25 Focus Sparring 7:00pm-8:00pm	26 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 4.1 – Half Guard Bottom (Phase 1: Technique)					
28	29	30 No Class	31	August 1 Focus Sparring 7:00pm-8:00pm	2 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 4.2 – Half Guard Top (Phase 1: Technique)					
August 4	5	6 Rapid Mastery 5:00-6:00pm	7	8 F Focus Sparring 7:00pm-8:00pm	9 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 4.2 – Half Guard Top (Phase 1: Technique)					
11	12	13 Rapid Mastery 5:00-6:00pm	14	15 Focus Sparring 7:00pm-8:00pm	16 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 4 – Half Guard (Phase 2: Review)					
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 4 – Half Guard (Phase 2: Review)					
25	26	27 Rapid Mastery 5:00-6:00pm	28	29 Focus Sparring 7:00pm-8:00pm	30 Fight Simulation 2:00-3:00pm (no-gi)
Chapter 4 – Half Guard (Phase 3: Sparring)					

*Class Schedule Subject to Change.