



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Class Key GC RD = Gracie Combatives Reflex Development BP Jr. Grapplers= Bullyproof (Kids 8-14 yrs.) GC= Gracie Combatives (Adult beginner) MC= Master Cycle (Adult Advanced) WE= Women Empowered (Women's Self-Defense) WE RD= Women Empowered Reflex Development					1 10:00am- WE Class 10 11:00am- GC Class 21 12:00pm- MC Street Sparring 1:00pm- MC Sparring
3 5:30pm- BP Jr Grapplers Class 22 6:30pm- GC RD SIDE MOUNT ★ 7:30pm- MC Technique 8:30pm- MC Sparring	4 10:00am- GC Class 22 11:00am- MC Technique 12:00pm- MC Sparring 6:00pm- MC Technique 7:00pm- MC Sparring 7:30pm- GC Class 23	5 5:30pm- Black Belt Club (Invite Only) 6:30pm- WE Class 11 7:30pm- GC Class 1	6 10:00am- GC RD MOUNT ★ 11:00am- MC Technique No-Gi 12:00pm- MC Sparring No-Gi 5:30pm- BP Jr Grapplers Class 23 6:30pm- MC Street Sparring No-Gi 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 2	7 6:30 am – GC Class 23	8 10:00am- WE Class 12 11:00am- GC Class 1 12:00pm- MC Street Sparring 1:00pm- MC Sparring
10 5:30pm- BP Jr Grapplers Class 24 6:30pm- GC RD STANDING ★ 7:30pm- MC Technique 8:30pm- MC Sparring	11 10:00am- GC Class 2 11:00am- MC Technique 12:00pm- MC Sparring 6:00pm- MC Technique 7:00pm- MC Sparring 7:30pm- GC Class 3	12 5:30pm- Black Belt Club (Invite Only) 6:30pm- WE Class 13 7:30pm- GC Class 4	13 10:00am- GC RD GUARD ★ 11:00am- MC Technique No-Gi 12:00pm- MC Sparring No-Gi 5:30pm- BP Jr Grapplers Class 25 6:30pm- MC Street Sparring No-Gi 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 5	14 6:30 am – GC Class 3	15 10:00am- WE Class 14 11:00am- GC Class 4 BLACK BELT SEMINAR 12:00 pm – 3:00 pm
17 5:30pm- BP Jr Grapplers Class 1 6:30pm- GC RD MOUNT ★ 7:30pm- MC Technique 8:30pm- MC Sparring	18 10:00am- GC Class 5 11:00am- MC Technique 12:00pm- MC Sparring 6:00pm- MC Technique 7:00pm- MC Sparring 7:30pm – GC Class 6	19 5:30pm- Black Belt Club (Invite Only) 6:30pm- WE Class 15 7:30pm- GC Class 7	20 10:00am– GC RD SIDE MOUNT ★ 11:00am– MC Tech No-Gi 12:00pm– MC Sparring No-Gi 5:30pm- BP Jr Grapplers Class 2 6:30pm- MC Street Sparring No-Gi 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 8	21 6:30 am – GC Class 6	22 10:00am- WE RD GROUND 11:00am- GC Class 7 12:00pm- MC Street Sparring 1:00pm- MC Sparring
24 5:30pm- BP Jr Grapplers Class 3 6:30pm- GC RD GUARD ★ 7:30pm- MC Technique 8:30pm- MC Sparring	25 10:00am- GC Class 8 11:00am- MC Technique 12:00pm- MC Sparring 6:00pm- MC Technique 7:00pm- MC Sparring 7:30pm- GC Class 9	26 5:30pm- Black Belt Club (Invite Only) 6:30pm- WE Class 1 7:30pm- GC Class 10	27 10:00am– GC RD STANDING ★ 11:00am– MC Tech No-Gi 12:00pm– MC Sparring No-Gi 5:30pm- BP Jr Grapplers Class 4 6:30pm- MC Street Sparring No-Gi 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 11	28 6:30 am – GC Class 9	29 10:00am- WE Class 2 11:00am- GC Class 10 12:00pm- MC Street Sparring 1:00pm- MC Sparring

★ Denotes significant schedule changes



25 Classes	JR. GRAPPLERS (Kids 8-14)
1	Leg Hook Takedown Trap & Roll (Standard Punch Block)
2	Clinch Aggressive Opponent Trap and Roll – Headlock Variation Open Guard Pass
3	Clinch Conservative Opponent Positional Control – Mount
4	Haymaker Punch Defense Elbow Escape – Standard Variation
5	Guillotine Choke - Standing Elbow Escape – Hook Removal Variation
6	Guillotine – Guard Pull Variation Headlock Counters (Mount) – Back Mount Finish
7	Body Fold Takedown Headlock Counters (Mount) – Armlock Finish
8	Body Fold Takedown Rear Naked Choke
9	Standing Armlock Straight Armlock (Standard Side Variation)
10	Standing Armlock Twisting Arm Control (Back Mount & Armlock Finishes)
11	Leg Hook Takedown Take the Back (Mount) Remount Technique
12	Pull Guard Punch Block Stages 1 – 3
13	Pull Guard Punch Block Stages 4 - 5 Hook Sweep
14	Rear Takedown Triangle (Stage 1.5 Variation)
15	Rear Takedown Triangle – Giant Killer Variation
16	Clinch Conservative Opponent Straight Armlock (Guard) - High Variation & Triangle Transition
17	Clinch Aggressive Opponent Kimura Armlock (Standard & Forced Variations)
18	Double Leg Takedown – Aggressive Opponent Take the Back (Guard)
19	Double Leg Takedown – Conservative Opponent Double Ankle Sweep (Knee Thrust & Kick Variations)
20	Body Fold Takedown Double Underhook Guard Pass
21	Double Leg Takedown – Aggressive Opponent Positional Control – Side Mount
22	Double Leg Takedown – Conservative Opponent Shrimp Escape 1 (Block & Shoot, Shrimp & Shoot Variations)
23	Clinch Aggressive Shrimp Escape 2 (Block & Shoot, Punch Block Variations)
24	Clinch Conservative Opponent Headlock Escape 1 (Standard & Scissor Failure Variations)
25	Haymaker Punch Defense Headlock Escape 2 (Standard & Punch Block Variations)

15 Classes	20 Essential Techniques
1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard Hair Grab)
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand)
3	Front Choke Defenses (3 Variations) Guard Get-ups (1&2) (Standard False Surrender)
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider Heavy Chest)
5	Super Slap Guard Get-ups (5 & 6) (Choke Wrist Pin)
6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)
7	Punch Block Series (Stages 1-5)
RD	Standing Reflex Development All standing techniques practiced in combination with one another.
8	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)
9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag Ankle Drag)
10	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing Guard Pull)
11	Hair Grab Defenses (Standing Guard Guard Pull Hair Drag)
12	Weapon Defenses (Straight Armlock Kimura Armlock)
13	Shrimp Escape (Block & Shoot Shrimp & Shoot Rider) Shirt Choke
14	Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame)
15	Rear Naked Choke Triangle Choke (Giant Killer Stage 3)
RD	Ground Reflex Development All ground techniques practiced in combination with one another.

23 Classes	36 Essential Techniques
1	Trap and Roll Escape – Mount Leg Hook Takedown
2	Americana Armlock – Mount Clinch (Aggressive Opponent)
3	Positional Control – Mount Body Fold Takedown
4	Take the Back + R.N.C. – Mount Clinch (Conservative Opponent)
5	Punch Block Series (1-4) – Guard Guillotine Choke (Standing)
6	Straight Armlock – Mount Guillotine Defense
7	Triangle Choke – Guard Haymaker Punch Defense
8	Elevator Sweep – Guard Rear Takedown
9	Elbow Escape – Mount Pull Guard
10	Positional Control – Side Mount Double Leg Takedown (Aggressive)
11	Headlock Counters – Mount Standing Headlock Defense
12	Headlock Escape 1 – Side Mount Standing Armlock
13	Straight Armlock – Guard Clinch (Aggressive Opponent)
14	Double Ankle Sweep – Guard Guillotine Choke (Guard Pull)
15	Headlock Escape 2 – Side Mount Clinch (Conservative Opponent)
16	Shrimp Escape – Side Mount Body Fold Takedown
17	Kimura Armlock – Guard Leg Hook Takedown
18	Punch Block Series (5) – Guard Haymaker Punch Defense
19	Hook Sweep – Guard Guillotine Defense
20	Take the Back – Guard Standing Headlock Defense
21	Elbow Escape – Side Mount Pull Guard
22	Twisting Arm Control – Mount Rear Takedown
23	Double Underhook Pass – Guard Double Leg Takedown (Conservative)