



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
5:30pm- BP Jr Grapplers Class 5 6:30pm- GC Class 12 7:30pm- MC Street Sparring 8:30pm- MC Sparring	10:00am- GC Class 11 11:00am- MC Technique 12:00pm- MC Sparring  6:00pm- MC Technique 7:00pm- MC Sparring 7:30pm- <b>GC RD SIDE MOUNT</b> ★	5:30pm- Black Belt Club (Invite Only) 6:30pm- WE Class 3 7:30pm- GC Class 13	10:00am- GC Class 12 11:00am- MC Technique No-Gi 12:00pm- MC Sparring No-Gi  5:30pm- BP Jr Grapplers Class 6 6:30pm- MC Street Sparring No-Gi 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 14	6:30 am – <b>GC RD MOUNT</b> ★	10:00am- WE Class 4 11:00am- GC Class 13 12:00pm- MC Technique 1:00pm- MC Sparring
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
5:30pm- BP Jr Grapplers Class 7 6:30pm- GC Class 15 7:30pm- MC Street Sparring 8:30pm- MC Sparring	10:00am- GC Class 14 11:00am- MC Technique 12:00pm- MC Sparring  6:00pm- MC Technique 7:00pm- MC Sparring 7:30pm- <b>GC RD STANDING</b> ★	5:30pm- Black Belt Club (Invite Only) 6:30pm- WE Class 5 7:30pm- GC Class 16	10:00am- GC Class 15 11:00am- MC Technique No-Gi 12:00pm- MC Sparring No-Gi  5:30pm- BP Jr Grapplers Class 8 6:30pm- MC Street Sparring No-Gi 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 17	6:30 am – <b>GC RD GUARD</b> ★	10:00am- WE Class 6 11:00am- GC Class 16 12:00pm- MC Technique 1:00pm- MC Sparring
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
5:30pm- BP Jr Grapplers Class 9 6:30pm- GC Class 18 7:30pm- MC Street Sparring 8:30pm- MC Sparring	10:00am- GC Class 17 11:00am- MC Technique 12:00pm- MC Sparring  6:00pm- MC Technique 7:00pm- MC Street Sparring 7:30pm- <b>GC RD MOUNT</b> ★	5:30pm- Black Belt Club (Invite Only) 6:30pm- WE Class 7 7:30pm- GC Class 19	10:00am- GC Class 18 11:00am- MC Technique No-Gi 12:00pm- MC Sparring No-Gi  5:30pm- BP Jr Grapplers Class 10 6:30pm- MC Street Sparring No-Gi 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 20	6:30 am – <b>GC RD SIDE MOUNT</b> ★	10:00am- <b>WE RD STANDING</b> ★ 11:00am- GC Class 19 12:00pm- MC Technique 1:00pm- MC Sparring
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
5:30pm- BP Jr Grapplers Class 11 6:30pm- GC Class 21 7:30pm- MC Street Sparring 8:30pm- MC Sparring	10:00am- GC Class 20 11:00am- MC Technique 12:00pm- MC Sparring  6:00pm- MC Technique 7:00pm- MC Sparring 7:30pm – <b>GC RD GUARD</b> ★	5:30pm- Black Belt Club (Invite Only) 6:30pm- WE Class 8 7:30pm- GC Class 22	10:00am- GC Class 21 11:00am- MC Tech No-Gi 12:00pm- MC Sparring No-Gi  5:30pm- BP Jr Grapplers Class 12 6:30pm- MC Street Sparring No-Gi 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 23	6:30 am – <b>GC RD STANDING</b> ★	10:00am- WE Class 9 11:00am- GC Class 22 12:00pm- MC Technique 1:00pm- MC Sparring
<b>30</b>	<b>31</b>	<p><u>Class Key</u>            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</p>			
5:30pm- BP Jr Grapplers Class 13 6:30pm- GC Class 1 7:30pm- MC Street Sparring 8:30pm- MC Sparring	10:00am- GC Class 23 11:00am- MC Technique 12:00pm- MC Sparring  6:00pm- MC Technique 7:00pm- MC Sparring 7:30pm- <b>GC RD SIDE MOUNT</b> ★				

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

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