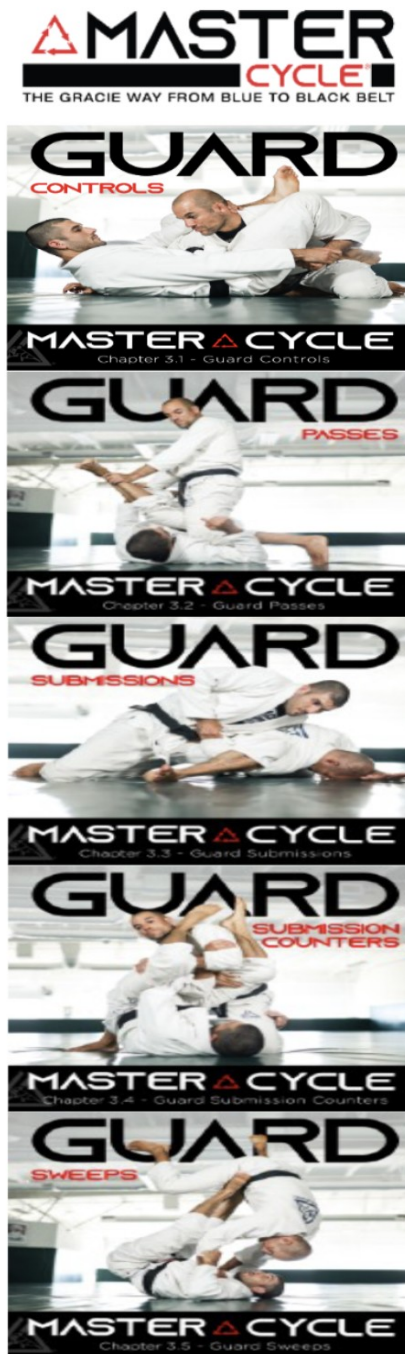




Find this schedule at
WWW.GRACIEUNIVERSITY.CO.UK

Gracie Master Cycle Schedule - September 2026				
Monday	Tuesday	Wednesday	Thursday	Saturday
31 Aug BBS4 - 30 HG Sweeps 10am - 11:20am No Gi	1 MOUNT REFLEX CLASS REFLEX AT 6:15pm HG Sweeps EARLY START 7:00pm No Gi	2 HG Sweeps 10am - 11:20am No Gi	3 HG Sweeps 7:15pm No Gi FIGHT SIM	5 Fundamentals 11:00am No Gi
7 BBS4 - 31 Sitting Pass Counters 4.1 Half Guard Bottom 10am - 11:20am Gi	8 Sitting Pass Counters 4.1 Half Guard Bottom 6:15pm Gi	9 Sitting Pass Counters 4.1 Half Guard Bottom 10am - 11:20am Gi FIGHT SIM	10 Sitting Pass Counters 4.1 Half Guard Bottom 7:15pm Gi	12 Fundamentals 11:00am No-Gi
14 BBS4 - 32 Sneaky Passes 4.2 Half Guard Top 10am - 11:20am Gi	15 Sneaky Passes 4.2 Half Guard Top 6:15pm Gi FIGHT SIM	16 Sneaky Passes 4.2 Half Guard Top 10am - 11:20am No-Gi	17 GUARD REFLEX AT 6:15pm Sneaky Passes 4.2 Half Guard Top EARLY START 7:00pm No-Gi	19 Fundamentals 11:00am Gi
21 BBS4 - 33 Guillotine Mastery 4.2 Half Guard Top 10am - 11:20am No-Gi FIGHT SIM	22 Guillotine Mastery 4.2 Half Guard Top 6:15pm No-Gi	23 Guillotine Mastery 4.2 Half Guard Top 10am - 11:20am Gi	24 Guillotine Mastery 4.2 Half Guard Top 7:15pm Gi	26 Sparring 11:00am No-Gi
28 BBS1 - 36 Crossover Control 5.1 Back Mount Controls 10am - 11:20am Gi	29 Crossover Control 5.1 Back Mount Controls 6:15pm SIDE REFLEX CLASS 7:15pm (45mins) Gi	30 Crossover Control 5.1 Back Mount Controls 10am - 11:20am No-Gi	1 Oct Crossover Control 5.1 Back Mount Controls 7:15pm No-Gi	3 Oct Sparring 11:00am Gi FIGHT SIM

Gracie Master Cycle
 September framework — remaining class details to be added.