MASTER CYCLE

THE GRACIE WAY FROM BLUE TO BLACK BELT



Gracie Master Cycle Schedule - October 2026

Monday	Tuesday	Wednesday	Thursday	Saturday
28 Sep **BBS1 - 36** **Crossover Control** 5.1 Back Mount Controls 10am - 11:20am **Gi**	**29 Sep** **Crossover Control** 5.1 Back Mount Controls 6:15pm **SIDE REFLEX CLASS** 7:15pm (45mins) - Gi	**30 Sep** **Crossover Control** 5.1 Back Mount Controls 10am - 11:20am **No-Gi**	**1** **Crossover Control** 5.1 Back Mount Controls 7:15pm **No-Gi**	**3** **Sparring** 11:00am **Gi** **FIGHT SIM**
5 **BBS1 - 37** **Triple Threat** 5.1 Back Mount Controls 10am - 11:20am **Gi**	**6** **Triple Threat** 5.1 Back Mount Controls 6:15pm **Gi**	**7** **Triple Threat** 5.1 Back Mount Controls 10am - 11:20am **No-Gi** **FIGHT SIM**	**8** **Triple Threat** 5.1 Back Mount Controls 7pm - EARLY START **No-Gi** **COMBATIVES: STANDING REFLEX** 6:15pm (45mins)	**10** **Fundamentals** 11:00am **Gi**
12 **BBS2 - 35** **Turtle Control** 5.1 Back Mount Controls 10am - 11:20am **Gi**	**13** **Turtle Control** 5.1 Back Mount Controls 6:15pm **Gi** **FIGHT SIM**	**14** **COMBATIVES** **MOUNT REFLEX CLASS** 10am (45mins) **Gi**	**15** **Turtle Control** 5.1 Back Mount Controls 7:15pm **Gi**	**17** **Fundamentals** 11:00am **No-Gi**
19 **BBS2 - 36** **Modified Back Mount** 5.1 Back Mount Controls 10am - 11:20am **No-Gi** **FIGHT SIM**	**20** **Modified Back Mount** 5.1 Back Mount Controls 6:15pm **No-Gi** **COMBATIVES: GUARD REFLEX** 7:15pm (45mins)	**21** **Modified Back Mount** 5.1 Back Mount Controls 10am - 11:20am **Gi**	**22** **Modified Back Mount** 5.1 Back Mount Controls 7:15pm **Gi**	**24** **Fundamentals** 11:00am **Gi**
26 **COMBATIVES** **SIDE REFLEX CLASS** 10am (45mins) **Gi**	**27** **BBS3 - 33** **Double Weak Side** 5.1 Back Mount Controls 6:15pm **Gi**	**28** **Double Weak Side** 5.1 Back Mount Controls 10am - 11:20am **Gi**	**29** **Double Weak Side** 5.1 Back Mount Controls 7:15pm **Gi**	**31** **Fundamentals** 11:00am **No-Gi**

Yellow notes show the Gracie Combatives reflex classes on their scheduled dates.

Master Cycle draft - Weekly lesson order, Saturdays, Gi / No-Gi and Fight Sim dates are provisional.