

MASTER CYCLE SCHEDULE



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August 2025 **MONDAY TUESDAY WEDNESDAY FRIDAY SATURDAY THURSDAY** 28 29 30 31 1 2 **Standing Review Standing Review** Reflex Development **Standing Review Standing Review** 6:00 a.m. - 7:30 a.m. 11:00 a.m. - 12:00 p.m. **Reflex Development** Reflex Development 6:30 p.m. - 7:30 p.m. 12:15 p.m. - 1:45 p.m. 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m. 7:00 a.m. - 8:00 a.m. Fundamentals (37) Fundamentals (38) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. 7:15 p.m. - 8:45 p.m. 12:15 p.m. - 1:15 p.m. 7:45 p.m. - 8:45 p.m. 5 7 4 6 9 Rolling & Exploring **Reflex Development Rolling & Exploring Rolling & Exploring Rolling & Exploring** 6:00 a.m. - 7:30 a.m. 11:00 a.m. - 12:00 p.m. Reflex Development **Reflex Development** 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m. 12:15 p.m. - 1:45 p.m. 6:30 p.m. - 7:30 p.m. 7:00 a.m. - 8:00 a.m. Fundamentals (41) Fundamentals (42) 7:15 p.m. - 8:45 p.m. 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. 12:15 p.m. - 1:15 p.m. 7:45p.m. - 8:45 p.m. 15 16 11 12 13 14 Mount Mount | Fight Sim AM BBS1: Lesson 5 (no-gi) **Mount | Fight Sim** Mount Reflex Development BBS1: Lesson 5 (no-gi) 6:00 a.m. - 7:30 a.m. BBS1: Lesson 5 (no-gi) BBS1: Lesson 5 (no-gi) 11:00 a.m. - 12:00 p.m. **Reflex Development** Reflex Development 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m. 6:30 p.m. - 7:30 p.m. 7:00 a.m. - 8:00 a.m. Fundamentals (50/53) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. 12:15 p.m. - 1:45 p.m. Fundamentals (57) 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:45 p.m. 7:45 p.m. - 8:45 p.m. 18 19 21 22 Mount 23 20 Mount | Fight Sim Mount | Fight Sim AM BBS1: Lesson 7 (no-gi) Mount **Reflex Development** BBS1: Lesson 7 (no-gi) BBS1: Lesson 7 (no-gi) BBS1: Lesson 7 (no-gi) 6:00 a.m. - 7:30 a.m. 11:00 a.m. - 12:00 p.m. Reflex Development Reflex Development 12:15 p.m. - 1:45 p.m. 12:15 p.m. - 1:45 p.m. 6:00 a.m. - 7:30 a.m. 6:30 p.m. - 7:30 p.m. 7:00 a.m. - 8:00 a.m. Fundamentals (60) 7:15 p.m. - 8:45 p.m. 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. Fundamentals (1) 12:15 p.m. - 1:15 p.m. 7:45 p.m. - 8:45 p.m. Mount 25 26 28 29 27 30 Mount | Fight Sim Reflex Development BBS1: Lesson 8 (no-gi) Mount | Fight Sim AM Mount 11:00 a.m. - 12:00 p.m. 6:00 a.m. - 7:30 a.m. BBS1: Lesson 8 (no-gi) BBS1: Lesson 8 (no-gi) BBS1: Lesson 8 (no-gi) **CLOSED** Reflex Development **Labor Day Weekend** 12:15 p.m. - 1:45 p.m. 12:15 p.m. - 1:45 p.m. Fundamentals (2) 6:30 p.m. - 7:30 p.m. 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:45 p.m. 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. Fundamentals (4) 7:45 p.m. - 8:45 p.m. 1 NOTES: **CLOSED Labor Day Weekend**