



# MASTER CYCLE SCHEDULE



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## December 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
2	<b>Rolling &amp; Exploring</b> 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	3	<b>Rolling &amp; Exploring</b> 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	4	<b>Rolling &amp; Exploring</b> 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	5	<b>Reflex Development</b> 11:00 a.m. - 12:00 p.m. <b>Fundamentals (37)</b> 12:15 p.m. - 1:15 p.m.	6	<b>Rolling &amp; Exploring</b> 6:00 a.m. - 7:30 a.m. <b>Reflex Development</b> 6:30 p.m. - 7:30 p.m. <b>Fundamentals (38)</b> 7:45 p.m. - 8:45 p.m.	7	<b>Reflex Development</b> 7:00 a.m. - 8:00 a.m.
9	<b>Half Guard   Fight Sim</b> BBS1: Lesson 32 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	10	<b>Half Guard   Fight Sim AM</b> BBS1: Lesson 32 (gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	11	<b>Half Guard</b> BBS1: Lesson 32 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	12	<b>Reflex Development</b> 11:00 a.m. - 12:00 p.m. <b>Fundamentals (41)</b> 12:15 p.m. - 1:15 p.m.	13	<b>Half Guard</b> BBS1: Lesson 32 (gi) 6:00 a.m. - 7:30 a.m. <b>Reflex Development</b> 6:30 p.m. - 7:30 p.m. <b>Fundamentals (42)</b> 7:45 p.m. - 8:45 p.m.	14	<b>Reflex Development</b> 7:00 a.m. - 8:00 a.m.
16	<b>Half Guard   Fight Sim</b> BBS2: Lesson 31 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	17	<b>Half Guard   Fight Sim AM</b> BBS2: Lesson 31 (no-gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	18	<b>Half Guard</b> BBS2: Lesson 31 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	19	<b>Reflex Development</b> 11:00 a.m. - 12:00 p.m. <b>Fundamentals (50/53)</b> 12:15 p.m. - 1:15 p.m.	20	<b>Half Guard</b> BBS2: Lesson 31 (no-gi) 6:00 a.m. - 7:30 a.m. <b>Reflex Development</b> 6:30 p.m. - 7:30 p.m. <b>Fundamentals (60)</b> 7:45 p.m. - 8:45 p.m.	21	<b>Reflex Development</b> 7:00 a.m. - 8:00 a.m.
23	<b>Half Guard   Fight Sim</b> BBS1: Lesson 35 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	24	<b>CLOSED</b> Christmas Eve	25	<b>CLOSED</b> Christmas Day	26	<b>CLOSED</b> Christmas Recovery Day	27	<b>Half Guard</b> BBS1: Lesson 35 (no-gi) 6:00 a.m. - 7:30 a.m. <b>Reflex Development</b> 6:30 p.m. - 7:30 p.m. <b>Fundamentals (57)</b> 7:45 p.m. - 8:45 p.m.	28	<b>Reflex Development</b> 7:00 a.m. - 8:00 a.m.
30	<b>Half Guard   Fight Sim</b> BBS1: Lesson 34 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	31	<b>Half Guard   Fight Sim AM</b> BBS1: Lesson 34 (gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	1	<b>CLOSED</b> New Year's Day	2	<b>Reflex Development</b> 11:00 a.m. - 12:00 p.m. <b>Fundamentals (1)</b> 12:15 p.m. - 1:15 p.m.	3	<b>Half Guard   Fight Sim</b> BBS1: Lesson 34 (gi) 6:00 a.m. - 7:30 a.m. <b>Reflex Development</b> 6:30 p.m. - 7:30 p.m. <b>Fundamentals (2)</b> 7:45 p.m. - 8:45 p.m.	4	<b>Reflex Development</b> 7:00 a.m. - 8:00 a.m.
6	<b>Half Guard</b> BBS2: Lesson 32 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	NOTES:									