



MASTER CYCLE SCHEDULE



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May 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
28	Leg Locks Review 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	29	Leg Locks Review 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	30	Leg Locks Review 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	1	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (30) 12:15 p.m. - 1:15 p.m.	2	Leg Locks Review 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (31) 7:45 p.m. - 8:45 p.m.	3	Reflex Development 7:00 a.m. - 8:00 a.m.
5	Leg Locks BBS2: Lesson 45 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	6	Leg Locks BBS2: Lesson 45 (no-gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	7	Leg Locks Fight Sim BBS2: Lesson 45 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	8	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (33) 12:15 p.m. - 1:15 p.m.	9	Leg Locks Fight Sim AM BBS2: Lesson 45(no-gi) 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (37) 7:45p.m. - 8:45 p.m.	10	Reflex Development 7:00 a.m. - 8:00 a.m.
12	Leg Locks BBS3: Lesson 43 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	13	Leg Locks BBS3: Lesson 43 (no-gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	14	Leg Locks Fight Sim BBS3: Lesson 43 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	15	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (38) 12:15 p.m. - 1:15 p.m.	16	Leg Locks Fight Sim AM BBS3: Lesson 43 (no-gi) 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (41) 7:45 p.m. - 8:45 p.m.	17	Reflex Development 7:00 a.m. - 8:00 a.m.
19	Leg Locks BBS2: Lesson 46 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	20	Leg Locks BBS2: Lesson 46 (no-gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	21	Leg Locks Fight Sim BBS2: Lesson 46 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	22	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (42) 12:15 p.m. - 1:15 p.m.	23	Leg Locks Fight Sim AM BBS2: Lesson 46 (no-gi) 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (50/53) 7:45 p.m. - 8:45 p.m.	24	CLOSED Memorial Day Weekend
26	CLOSED Memorial Day	27	Leg Locks Review 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	28	Leg Locks Review 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	29	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (57) 12:15 p.m. - 1:15 p.m.	30	Leg Locks Review 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (60) 7:45 p.m. - 8:45 p.m.	31	Reflex Development 7:00 a.m. - 8:00 a.m.
2	Rolling & Exploring 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	NOTES:									