



# MASTER CYCLE SCHEDULE



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## JUNE 2017

| MONDAY   | TUESDAY | WEDNESDAY  | THURSDAY | FRIDAY   | SATURDAY  |
|--|---------|--|----------|--|---|
| 29<br>CLOSED   | 30      | 31<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard<br>(Standing Pass)          | 1        | 2<br>12:15 p.m. - 1:45 p.m.<br>Guard<br>(Standing Pass/<br>Fight Simulation)           | 3<br>9:00 a.m. - 10:00 a.m.<br>Fight Simulation/RD  |
| 5<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard<br>(Triangle Choke)          | 6       | 7<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard<br>(Triangle Choke)          | 8        | 9<br>12:15 p.m. - 1:45 p.m.<br>Guard<br>(Triangle Choke/<br>Fight Simulation)          | 10<br>9:00 a.m. - 10:00 a.m.<br>Fight Simulation/RD |
| 12<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard<br>(Straight Armlock)       | 13      | 14<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard<br>(Straight Armlock)       | 15       | 16<br>12:15 p.m. - 1:45 p.m.<br>Guard<br>(Straight Armlock/<br>Fight Simulation)       | 17<br>9:00 a.m. - 10:00 a.m.<br>Fight Simulation/RD |
| 19<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard<br>(Kimura)                 | 20      | 21<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard<br>(Kimura)                 | 22       | 23<br>12:15 p.m. - 1:45 p.m.<br>Guard<br>(Kimura/<br>Fight Simulation)                 | 24<br>9:00 a.m. - 10:00 a.m.<br>Fight Simulation/RD |
| 26<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard<br>(Wrist Control Sequence) | 27      | 28<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard<br>(Wrist Control Sequence) | 29       | 30<br>12:15 p.m. - 1:45 p.m.<br>Guard<br>(Wrist Control Sequence/<br>Fight Simulation) | 1<br>9:00 a.m. - 10:00 a.m.<br>Fight Simulation/RD  |

NOTES: