



MASTER CYCLE SCHEDULE



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SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. Sparring (Guard)	29	30 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. Sparring (Guard)	31	1 12:15 p.m. - 1:45 p.m. Sparring (Guard/ Fight Simulation)	2 9:00 a.m. - 10:00 a.m. Fight Simulation/RD
4 CLOSED FOR LABOR DAY	5	6 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. Half-Guard (Guard Recovery)	7	8 12:15 p.m. - 1:45 p.m. Half-Guard (Guard Recovery/ Fight Simulation)	9 9:00 a.m. - 10:00 a.m. Fight Simulation/RD
11 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. Half-Guard (Take The Back)	12	13 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. Half-Guard (Take The Back)	14	15 12:15 p.m. - 1:45 p.m. Half Guard (Take The Back/ Fight Simulation)	16 9:00 a.m. - 10:00 a.m. Fight Simulation/RD
18 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. Half-Guard (Elevator Sweep)	19	20 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. Half-Guard (Elevator Sweep)	21	22 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. Half-Guard (Elevator Sweep/Fight Simulation)	23 9:00 a.m. - 10:00 a.m. Fight Simulation/RD
25 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. Half-Guard (Tripod Pass)	26	27 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m. Half-Guard (Tripod Pass)	28	29 12:15 p.m. - 1:45 p.m. Half-Guard (Tripod Pass/ Fight Simulation)	30 9:00 a.m. - 10:00 a.m. Fight Simulation/RD

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