

## MASTER CYCLE SCHEDULE



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April 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rolling & Exploring  12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Rolling & Exploring 6:00 a.m 7:30 a.m. 12:15 p.m 1:45 p.m.	Rolling & Exploring  12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (9) 12:15 p.m 1:15 p.m.	4 Rolling & Exploring 6:00 a.m 7:30 a.m. Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (10) 7:45 p.m 8:45 p.m.	Reflex Development 7:00 a.m 8:00 a.m.
Leg Locks   Fight Sim BBS2: Lesson 41 (gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	8 Leg Locks   Fight Sim AM BBS2: Lesson 41 (gi) 6:00 a.m 7:30 a.m. 12:15 p.m 1:45 p.m.	Leg Locks BB52: Lesson 41 (gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (14) 12:15 p.m 1:15 p.m.	11 Leg Locks BB52: Lesson 41(gi) 6:00 a.m 7:30 a.m. Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (16) 7:45p.m 8:45 p.m.	Reflex Development 7:00 a.m 8:00 a.m.
Leg Locks   Fight Sim BBS3: Lesson 40 (gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Leg Locks   Fight Sim AM BBS3: Lesson 40 (gi) 6:00 a.m 7:30 a.m. 12:15 p.m 1:45 p.m.	Leg Locks BBS3: Lesson 40 (gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (17) 12:15 p.m 1:15 p.m.	Leg Locks BB53: Lesson 40 (gi) 6:00 a.m 7:30 a.m. Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (19) 7:45 p.m 8:45 p.m.	CLOSED Easter Eve
Leg Locks   Fight Sim BBS2: Lesson 42 (gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Leg Locks   Fight Sim AM BBS2: Lesson 42 (gi) 6:00 a.m 7:30 a.m. 12:15 p.m 1:45 p.m.	Leg Locks BBS2: Lesson 42 (gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (21) 12:15 p.m 1:15 p.m.	25 Leg Locks BBS2: Lesson 42 (gi) 6:00 a.m 7:30 a.m. Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (26) 7:45 p.m 8:45 p.m.	Reflex Development 7:00 a.m 8:00 a.m.
Leg Locks Review  12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Leg Locks Review 6:00 a.m 7:30 a.m. 12:15 p.m 1:45 p.m.	Leg Locks Review  12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	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.	Reflex Development 7:00 a.m 8:00 a.m.
Leg Locks BBS2: Lesson 45 (no-gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	NOTES:				