MASTER CYCLE SCHEDULE

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August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 **Leg Locks** **Principles** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	28 **Leg Locks** **Principles** 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	29 **Leg Locks | Fight Sim** **Principles** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	30 **Leg Locks | Fight Sim** **Principles** 5:30 a.m. - 7:00 a.m. **Reflex Development** 11:15 a.m. - 12:15 p.m. **Fundamentals (10)** 12:15p.m. - 1:15 p.m.	31 **In-House Open Mat** 6:30 p.m. - 7:30 p.m.	1
3 **Leg Locks | Fight Sim** **Sequencing** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	4 **Leg Locks | Fight Sim AM** **Sequencing** 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	5 **Leg Locks** **Sequencing** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	6 **Leg Locks** **Sequencing** 5:30 a.m. - 7:00 a.m. **Reflex Development** 11:00 a.m. - 12:00 p.m. **Fundamentals (14)** 12:15p.m. - 1:15 p.m.	7 **In-House Open Mat** 6:30 p.m. - 7:30 p.m.	8
10 **Standing: Week 1 | FS** Click this link for lesson details 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	11 **Standing: Week 1 | FS AM** Click this link for lesson details 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	12 **Standing: Week 1** Click this link for lesson details 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	13 **Standing: Week 1** 5:30 a.m. - 7:00 a.m. **Reflex Development** 11:00 a.m. - 12:00 p.m. **Fundamentals (16)** 12:15 p.m. - 1:15 p.m.	14 **In-House Open Mat** 6:30 p.m. - 7:30 p.m.	15
17 **Standing: Week 2 | FS** Click this link for lesson details 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	18 **Standing: Week 2 | FS AM** Click this link for lesson details 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	19 **Standing: Week 2** Click this link for lesson details 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	20 **Standing: Week 2** 5:30 a.m. - 7:00 a.m. **Reflex Development** 11:00 a.m. - 12:00 p.m. **Fundamentals (17)** 12:15 p.m. - 1:15 p.m.	21 **In-House Open Mat** 6:30 p.m. - 7:30 p.m.	22
24 **Standing: Week 3 | FS** Click this link for lesson details 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	25 **Standing: Week 3 | FS AM** Click this link for lesson details 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	26 **Standing: Week 3** Click this link for lesson details 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	27 **Standing: Week 3** 5:30 a.m. - 7:00 a.m. **Reflex Development** 11:00 a.m. - 12:00 p.m. **Fundamentals (19)** 12:15p.m. - 1:15 p.m.	28 **In-House Open Mat** 6:30 p.m. - 7:30 p.m.	29
31 **Standing: Week 4 | FS** Click this link for lesson details 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	NOTES:				