



MASTER CYCLE SCHEDULE



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February 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
27	Rolling & Exploring 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	28	Rolling & Exploring 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	29	Rolling & Exploring 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	30	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (17) 12:15 p.m. - 1:15 p.m.	31	Rolling & Exploring 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.	1	Reflex Development 7:00 a.m. - 8:00 a.m.
3	Back Mount Fight Sim BBS2: Lesson 35 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	4	Back Mount Fight Sim AM BBS2: Lesson 35 (gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	5	Back Mount BBS2: Lesson 35 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	6	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (21) 12:15 p.m. - 1:15 p.m.	7	Back Mount BBS2: Lesson 395(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.	8	Reflex Development 7:00 a.m. - 8:00 a.m.
10	Back Mount Fight Sim BBS2: Lesson 37 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	11	Back Mount Fight Sim AM BBS2: Lesson 37 (gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	12	Back Mount BBS2: Lesson 37 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	13	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (30) 12:15 p.m. - 1:15 p.m.	14	Back Mount BBS2: Lesson 37 (gi) 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.	15	Reflex Development 7:00 a.m. - 8:00 a.m.
17	Back Mount Fight Sim BBS2: Lesson 40 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	18	Back Mount Fight Sim AM BBS2: Lesson 40 (gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	19	Back Mount BBS2: Lesson 40 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	20	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (33) 12:15 p.m. - 1:15 p.m.	21	Back Mount BBS2: Lesson 40 (gi) 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (37) 7:45 p.m. - 8:45 p.m.	22	Reflex Development 7:00 a.m. - 8:00 a.m.
24	Quick Review & Rolling 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	25	Quick Review & Rolling 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	26	Quick Review & Rolling 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	27	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (38) 12:15 p.m. - 1:15 p.m.	28	Quick Review & Rolling 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.	1	Reflex Development 7:00 a.m. - 8:00 a.m.
3	Back Mount BBS1: Lesson 39 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	NOTES:									