MASTER CYCLE SCHEDULE

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February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 **Guard Review** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	3 **Guard Review** 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	4 **Guard Review** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	5 **Guard Review** 5:30 a.m. - 7:00 a.m. **Reflex Development** 11:00 a.m. - 12:00 p.m. **Fundamentals (57)** 12:15p.m. - 1:15 p.m.	6 **Reflex Development** 6:30 p.m. - 7:30 p.m. **Fundamentals (60)** 7:30 p.m. - 8:30 p.m.	7
9 **Rolling & Exploring** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	10 **Rolling & Exploring** 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	11 **Rolling & Exploring** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	12 **Rolling & Exploring** 5:30 a.m. - 7:00 a.m. **Reflex Development** 11:00 a.m. - 12:00 p.m. **Fundamentals (1)** 12:15p.m. - 1:15 p.m.	13 **Reflex Development** 6:30 p.m. - 7:30 p.m. **Fundamentals (2)** 7:30 p.m. - 8:30 p.m.	14
16 **Half Guard | Fight Sim** **BBS3: Lesson 30 (no-gi)** **R-BBS1:30** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	17 **Half Guard - Fight Sim AM** **BBS3: Lesson 30 (no-gi)** **R-BBS1:30** 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	18 **Half Guard** **BBS3: Lesson 30 (no-gi)** **R-BBS1:30** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	19 **Half Guard** **BBS3: Lesson 30 (no-gi)** 5:30 a.m. - 7:00 a.m. **Reflex Development** 11:00 a.m. - 12:00 p.m. **Fundamentals (4)** 12:15 p.m. - 1:15 p.m.	20 **Reflex Development** 6:30 p.m. - 7:30 p.m. **Fundamentals (6)** 7:30 p.m. - 8:30 p.m.	21
23 **Half Guard | Fight Sim** **BBS2: Lesson 34 (gi)** **R-BBS1:34** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	24 **Half Guard | Fight Sim AM** **BBS2: Lesson 34 (gi)** **R-BBS1:34** 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	25 **Half Guard** **BBS2: Lesson 34 (gi)** **R-BBS1:34** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	26 **Half Guard** **BBS2: Lesson 34 (gi)** 5:30 a.m. - 7:00 a.m. **Reflex Development** 11:00 a.m. - 12:00 p.m. **Fundamentals (9)** 12:15 p.m. - 1:15 p.m.	27 **Reflex Development** 6:30 p.m. - 7:30 p.m. **Fundamentals (10)** 7:30 p.m. - 8:30 p.m.	28
2 **Half Guard** **BBS2: Lesson 32 (gi)** **R-BBS1:32** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	3 **Half Guard** **BBS2: Lesson 32(gi)** **R-BBS1:32** 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	4 **Half Guard | Fight Sim** **BBS2: Lesson 32 (gi)** **R-BBS1:32** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	5 **Half Guard | Fight Sim** **BBS2: Lesson 32 (gi)** 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.	6 **Reflex Development** 6:30 p.m. - 7:30 p.m. **Fundamentals (16)** 7:30 p.m. - 8:30 p.m.	7
9 **Half Guard** **BBS3: Lesson 43 (no-gi)** **R-BBS2:45** 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	NOTES:				