



MASTER CYCLE SCHEDULE



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January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Back Mount 7:15 p.m. - 8:15 p.m.	3 Back Mount 12:15 p.m. - 1:15 p.m.	4 Back Mount 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	5 Reflex Development 11:00 a.m. - 12:00 p.m.	6 Fight Simulation/Review 12:15 p.m. - 1:15 p.m.	7 Reflex Development 7:30 a.m. - 8:30 a.m.
9 Back Mount 7:15 p.m. - 8:15 p.m.	10 Back Mount 12:15 p.m. - 1:15 p.m.	11 Back Mount 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	12 Reflex Development 11:00 a.m. - 12:00 p.m.	13 Fight Simulation/Review 12:15 p.m. - 1:15 p.m.	14 Reflex Development 7:30 a.m. - 8:30 a.m.
16 Back Mount 7:15 p.m. - 8:15 p.m.	17 Back Mount 12:15 p.m. - 1:15 p.m.	18 Back Mount 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	19 Reflex Development 11:00 a.m. - 12:00 p.m.	20 Fight Simulation/Review 12:15 p.m. - 1:15 p.m.	21 Reflex Development 7:30 a.m. - 8:30 a.m.
23 Back Mount 7:15 p.m. - 8:15 p.m.	24 Back Mount 12:15 p.m. - 1:15 p.m.	25 Back Mount 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	26 Reflex Development 11:00 a.m. - 12:00 p.m.	27 Fight Simulation/Review 12:15 p.m. - 1:15 p.m.	28 Reflex Development 7:30 a.m. - 8:30 a.m.
30 Back Mount 7:15 p.m. - 8:15 p.m.	31 Back Mount 12:15 p.m. - 1:15 p.m.	1 Back Mount 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	2 Reflex Development 11:00 a.m. - 12:00 p.m.	3 Fight Simulation/Review 12:15 p.m. - 1:15 p.m.	4 Reflex Development 7:30 a.m. - 8:30 a.m.
6 Back Mount 7:15 p.m. - 8:15 p.m.	NOTES:				