



MASTER CYCLE SCHEDULE



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January 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
30	Half Guard Fight Sim BBS1: Lesson 34 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	31	Half Guard Fight Sim AM BBS1: Lesson 34 (gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	1	CLOSED New Year's Day		2	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (1) 12:15 p.m. - 1:15 p.m.	3	Half Guard Fight Sim BBS1: Lesson 34 (gi) 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (2) 7:45 p.m. - 8:45 p.m.	4	Reflex Development 7:00 a.m. - 8:00 a.m.
6	Half Guard BBS2: Lesson 32 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	7	Half Guard BBS2: Lesson 32 (gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	8	Half Guard Fight Sim BBS2: Lesson 32 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	9	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (4) 12:15 p.m. - 1:15 p.m.	10	Half Guard Fight Sim BBS2: Lesson 32 (gi) 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (6) 7:45 p.m. - 8:45 p.m.	11	Reflex Development 7:00 a.m. - 8:00 a.m.	
13	Half Guard BBS3: Lesson 30 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	14	Half Guard BBS3: Lesson 30 (no-gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	15	Half Guard Fight Sim BBS3: Lesson 30 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	16	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (9) 12:15 p.m. - 1:15 p.m.	17	Half Guard Fight Sim BBS3: Lesson 30 (no-gi) 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.	18	Reflex Development 7:00 a.m. - 8:00 a.m.	
20	Half Guard Review 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	21	Half Guard Review 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	22	Half Guard Review 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	23	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (14) 12:15 p.m. - 1:15 p.m.	24	Half Guard Review 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (16) 7:45 p.m. - 8:45 p.m.	25	Reflex Development 7:00 a.m. - 8:00 a.m.	
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 BBS1: Lesson 39 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	NOTES:										