



MASTER CYCLE SCHEDULE



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July 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1	Side Mount 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	2	Side Mount 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	3	Side Mount Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	4	CLOSED 4th of July	5	Side Mount Fight Sim 6:00 a.m. - 7:00 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals 7:45 p.m. - 8:45 p.m.	6	Reflex Development 7:00 a.m. - 8:00 a.m.
8	Side Mount 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	9	Side Mount 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	10	Side Mount Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	11	Reflex Development 11:15 a.m. - 12:15 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	12	Side Mount Fight Sim 6:00 a.m. - 7:00 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals 7:45 p.m. - 8:45 p.m.	13	Reflex Development 7:00 a.m. - 8:00 a.m.
15	Side Mount 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	16	Side Mount 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	17	Side Mount Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	18	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	19	Side Mount Fight Sim 6:00 a.m. - 7:00 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals 7:45 p.m. - 8:45 p.m.	20	Reflex Development 7:00 a.m. - 8:00 a.m.
22	Side Mount 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	23	Side Mount 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	24	Side Mount Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	25	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	26	Side Mount Fight Sim 6:00 a.m. - 7:00 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals 7:45 p.m. - 8:45 p.m.	27	Reflex Development 7:00 a.m. - 8:00 a.m.
29	Side Mount 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	30	Side Mount 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	31	Side Mount Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	1	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	2	Side Mount 6:00 a.m. - 7:00 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals 7:45 p.m. - 8:45 p.m.	3	Reflex Development 7:00 a.m. - 8:00 a.m.
5	Side Mount Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	NOTES:									