

MASTER CYCLE SCHEDULE

CERTIFIED

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July 2025							
	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
0		1	2	3		4	5
	Review/Rolling 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Review/Rolling 6:00 a.m 7:30 a.m. 12:15 p.m 1:45 p.m.	Review/Rolling 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	11:00 a Fund	C Development a.m 12:00 p.m. amentals (17) p.m 1:15 p.m.	CLOSED 4th of July	CLOSED 4th of July Weekend
	• •				p.m 1:15 p.m.		
7	Standing BBS1: Lesson 59 (no-gi) 12:15 p.m 1:45 p.m.	8 Standing BBS1: Lesson 59 (no-gi) 6:00 a.m 7:30 a.m.	9 Standing Fight Sim BBS1: Lesson 59 (no-gi) 12:15 p.m 1:45 p.m.	11:00	x Development a.m 12:00 p.m.	11 Standing Fight Sim AM BBS1: Lesson 59(no-gi) 6:00 a.m 7:30 a.m. Reflex Development 6:30 p.m 7:30 p.m.	12 Reflex Development 7:00 a.m 8:00 a.m.
	7:15 p.m 8:45 p.m.	12:15 p.m 1:45 p.m.	7:15 p.m 8:45 p.m.	i une	lamentals (19) p.m 1:15 p.m.	Fundamentals (21) 7:45p.m 8:45 p.m.	
4	Standing BBS2: Lesson 57 (no-gi) 12:15 p.m 1:45 p.m.	15 Standing BBS2: Lesson 57 (no-gi) 6:00 a.m 7:30 a.m. 12:15 p.m 1:45 p.m.	16 Standing Fight Sim BBS2: Lesson 57 (no-gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	11:00 Fun e	x Development a.m 12:00 p.m. damentals (26) 5 p.m 1:15 p.m.	18 Standing Fight Sim AM BBS2: Lesson 57 (no-gi) 6:00 a.m 7:30 a.m. Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (30)	19 Reflex Development 7:00 a.m 8:00 a.m.
1	7:15 p.m 8:45 p.m. Standing BBS2: Lesson 60 (no-gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	22 Standing BBS2: Lesson 60 (no-gi) 6:00 a.m 7:30 a.m. 12:15 p.m 1:45 p.m.	23 Standing Fight Sim BBS2: Lesson 60 (no-gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	24 Refle: 11:00 Fund	x Development a.m 12:00 p.m. lamentals (31) 5 p.m 1:15 p.m.	7:45 p.m 8:45 p.m. 25 Standing Fight Sim AM BBS2: Lesson 60 (no-gi) 6:00 a.m 7:30 a.m. Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (33) 7:45 p.m 8:45 p.m.	26 Reflex Development 7:00 a.m 8:00 a.m.
8	Standing Review 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	29 Standing Review 6:00 a.m 7:30 a.m. 12:15 p.m 1:45 p.m.	30 Standing Review 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	11:15 a Fun e	x Development a.m 12:15 p.m. damentals (37) p.m 1:15 p.m.	Standing Review 6:00 a.m 7:30 a.m. Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (38) 7:45 p.m 8:45 p.m.	2 Reflex Development 7:00 a.m 8:00 a.m.
ŀ	Rolling & Exploring 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	NOTES:					