



MASTER CYCLE SCHEDULE



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July 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
29	Leg Locks Fight Sim BBS1: Lesson 48 R-BBS1:49 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	30	Leg Locks Fight Sim AM BBS1: Lesson 48 R-BBS1:49 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	1	Leg Locks Fight Sim BBS1: Lesson 48 R-BBS1:49 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	2	Leg Locks Fight Sim BBS1: Lesson 48 5:30 a.m. - 7:00 a.m. Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (2) 12:15p.m. - 1:15 p.m.	3	CLOSED 4th of July Weekend		4	CLOSED 4th of July
6	Leg Locks Heel Hook Connections R-BBS2:48 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	7	Leg Locks Heel Hook Connections R-BBS2:48 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	8	Leg Locks Fight Sim Heel Hook Connections R-BBS2:48 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	9	Leg Locks Fight Sim Heel Hook Connections 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.	10	In-House Open Mat 6:30 p.m. - 7:30 p.m.		11	
13	Leg Locks Review 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	14	Leg Locks Review 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	15	Leg Locks Review 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	16	Leg Locks Review 5:30 a.m. - 7:00 a.m. Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (60) 12:15 p.m. - 1:15 p.m.	17	In-House Open Mat 6:30 p.m. - 7:30 p.m.		18	
20	Leg Locks Rolling 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	21	Leg Locks Rolling 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	22	Leg Locks Rolling 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	23	Leg Locks Rolling 5:30 a.m. - 7:00 a.m. Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (1) 12:15 p.m. - 1:15 p.m.	24	In-House Open Mat 6:30 p.m. - 7:30 p.m.		25	
27	Leg Locks Principles 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	28	Leg Locks Principles 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	29	Leg Locks Fight Sim Principles 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	30	Leg Locks Fight Sim Principles 5:30 a.m. - 7:00 a.m. Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (50/53) 12:15p.m. - 1:15 p.m.	31	In-House Open Mat 6:30 p.m. - 7:30 p.m.		1	
3	Leg Locks Fight Sim Sequencing 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	NOTES:										