

MASTER CYCLE SCHEDULE



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June 2025						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	Rolling & Exploring 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Rolling & Exploring 6:00 a.m 7:30 a.m. 12:15 p.m 1:45 p.m.	Rolling & Exploring 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (1) 12:15 p.m 1:15 p.m.	6 Rolling & Exploring 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.	Reflex Development 7:00 a.m 8:00 a.m.
9	Standing Fight Sim BBS1: Lesson 51 (no-gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Standing Fight Sim AM BBS1: Lesson 51 (no-gi) 6:00 a.m 7:30 a.m. 12:15 p.m 1:45 p.m.	Standing BBS1: Lesson 51 (no-gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (4) 12:15 p.m 1:15 p.m.	Standing BBS1: Lesson 51(no-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.	Reflex Development 7:00 a.m 8:00 a.m.
16	Standing Fight Sim BBS3: Lesson 51 (no-gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Standing Fight Sim AM BBS3: Lesson 51 (no-gi) 6:00 a.m 7:30 a.m. 12:15 p.m 1:45 p.m.	Standing BBS3: Lesson 51 (no-gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (9) 12:15 p.m 1:15 p.m.	Standing BBS3: Lesson 51 (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.	Reflex Development 7:00 a.m 8:00 a.m.
23	Standing Fight Sim BBS1: Lesson 58 (no-gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Standing Fight Sim AM BBS1: Lesson 58 (no-gi) 6:00 a.m 7:30 a.m. 12:15 p.m 1:45 p.m.	Standing BBS1: Lesson 58 (no-gi) 12:15 p.m 1:45 p.m. 7:15 p.m. 8:45 p.m.	Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (14) 12:15 p.m 1:15 p.m.	27 Standing BBS1: Lesson 58 (no-gi) 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.	Reflex Development 7:00 a.m 8:00 a.m.
30	Review/Rolling 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	1 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.	Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (17) 12:15 p.m 1:15 p.m.	CLOSED 4th of July	CLOSED 4th of July Weekend
7	Standing BBS1: Lesson 59 (no-gi) 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	NOTES:		,		,