



MASTER CYCLE SCHEDULE



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March 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
24	Quick Review & Rolling 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	25	Quick Review & Rolling 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	26	Quick Review & Rolling 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	27	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (38) 12:15 p.m. - 1:15 p.m.	28	Quick Review & Rolling 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (41) 7:45 p.m. - 8:45 p.m.	1	Reflex Development 7:00 a.m. - 8:00 a.m.
3	Back Mount BBS1: Lesson 39 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	4	Back Mount BBS1: Lesson 39 (gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	5	Back Mount Fight Sim BBS1: Lesson 39 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	6	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (42) 12:15 p.m. - 1:15 p.m.	7	Back Mount Fight Sim AM BBS1: Lesson 39(gi) 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (50/53) 7:45 p.m. - 8:45 p.m.	8	Reflex Development 7:00 a.m. - 8:00 a.m.
10	Back Mount BBS2: Lesson 36 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	11	Back Mount BBS2: Lesson 36 (no-gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	12	Back Mount Fight Sim BBS2: Lesson 36 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	13	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (57) 12:15 p.m. - 1:15 p.m.	14	Back Mount Fight Sim AM BBS2: Lesson 36 (no-gi) 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (60) 7:45 p.m. - 8:45 p.m.	15	Reflex Development 7:00 a.m. - 8:00 a.m.
17	Back Mount BBS3: Lesson 33 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	18	Back Mount BBS3: Lesson 33 (gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	19	Back Mount Fight Sim BBS3: Lesson 33 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	20	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (1) 12:15 p.m. - 1:15 p.m.	21	Back Mount Fight Sim AM BBS3: Lesson 33 (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.	22	Reflex Development 7:00 a.m. - 8:00 a.m.
24	Back Mount Review 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	25	Back Mount Review 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	26	Back Mount Review 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	27	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (4) 12:15 p.m. - 1:15 p.m.	28	Back Mount Review 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.	29	Reflex Development 7:00 a.m. - 8:00 a.m.
31	Rolling & Exploring 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	NOTES:									