



MASTER CYCLE SCHEDULE



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March 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
2	Half Guard BBS2: Lesson 32 (gi) R-BBS1:32 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	3	Half Guard BBS2: Lesson 32 (gi) R-BBS1:32 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	4	Half Guard Fight Sim BBS2: Lesson 32 (gi) R-BBS1:32 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	5	Half Guard Fight Sim BBS2: Lesson 32 (gi) 5:30 a.m. - 7:00 a.m. Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (14) 12:15p.m. - 1:15 p.m.	6	In-House Open Mat 6:30 p.m. - 7:30 p.m.		7	
9	Half Guard BBS3: Lesson 43 (no-gi) R-BBS2:45 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	10	Half Guard BBS3: Lesson 43 (no-gi) R-BBS2:45 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	11	Half Guard Fight Sim BBS3: Lesson 43 (no-gi) R-BBS2:45 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	12	Half Guard Fight Sim BBS3: Lesson 43 (no-gi) 5:30 a.m. - 7:00 a.m. Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (16) 12:15p.m. - 1:15 p.m.	13	In-House Open Mat 6:30 p.m. - 7:30 p.m.		14	
16	Half Guard BBS3: Lesson 44 (no-gi) R-BBS2:46 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	17	Half Guard BBS3: Lesson 44 (no-gi) R-BBS2:46 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	18	Half Guard Fight Sim BBS3: Lesson 44 (no-gi) R-BBS2:46 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	19	Half Guard Fight Sim BBS3: Lesson 44 (no-gi) 5:30 a.m. - 7:00 a.m. Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (17) 12:15 p.m. - 1:15 p.m.	20	In-House Open Mat 6:30 p.m. - 7:30 p.m.		21	
23	Half Guard Principles 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	24	Half Guard Principles 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	25	Half Guard Fight Sim Principles 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	26	Half Guard Fight Sim Principles 5:30 a.m. - 7:00 a.m. Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (19) 12:15 p.m. - 1:15 p.m.	27	In-House Open Mat 6:30 p.m. - 7:30 p.m.		28	
30	Half Guard Review 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	31	Half Guard Review 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	1	Half Guard Review 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	2	Half Guard Review 5:30 a.m. - 7:00 a.m. Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (21) 12:15p.m. - 1:15 p.m.	3	In-House Open Mat 6:30 p.m. - 7:30 p.m.		4	CLOSED Easter Eve
6	Half Guard Rolling 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	NOTES:										