



MASTER CYCLE SCHEDULE



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November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Standing 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	31 Standing 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	1 Standing 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	2 Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	3 Standing 6:00 a.m. - 7:00 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals 7:45 p.m. - 8:45 p.m.	4 Reflex Development 7:00 a.m. - 8:00 a.m.
6 Standing Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	7 Standing Fight Sim AM 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	8 Standing 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	9 Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	10 Standing 6:00 a.m. - 7:00 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals 7:45 p.m. - 8:45 p.m.	11 Reflex Development 7:00 a.m. - 8:00 a.m.
13 Standing Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	14 Standing Fight Sim AM 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	15 Standing 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	16 Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	17 Standing 6:00 a.m. - 7:00 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals 7:45 p.m. - 8:45 p.m.	18 Reflex Development 7:00 a.m. - 8:00 a.m.
20 Standing Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	21 Standing Fight Sim AM 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	22 CLOSED Thanksgiving Preparation Day	23 CLOSED Thanksgiving Day	24 CLOSED Thanksgiving Recovery Day	25 Reflex Development 7:00 a.m. - 8:00 a.m.
27 Standing Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	28 Standing Fight Sim AM 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	29 Standing 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	30 Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	1 Standing Fight Sim 6:00 a.m. - 7:00 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals 7:45 p.m. - 8:45 p.m.	2 Reflex Development 7:00 a.m. - 8:00 a.m.
4 Standing 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	NOTES:				