



MASTER CYCLE SCHEDULE



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November 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
28	Guard Fight Sim BBS2: Lesson 28 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	29	Guard Fight Sim AM BBS2: Lesson 28 (no-gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	30	Guard BBS2: Lesson 28 (no-gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	31	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (16) 12:15 p.m. - 1:15 p.m.	1	Guard Fight Sim BBS2: Lesson 28 (no-gi) 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (17) 7:45 p.m. - 8:45 p.m.	2	Reflex Development 7:00 a.m. - 8:00 a.m.
4	Guard BBS1: Lesson 28 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	5	Guard BBS1: Lesson 28 (gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	6	Guard Fight Sim BBS1: Lesson 28 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	7	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (19) 12:15 p.m. - 1:15 p.m.	8	Guard Fight Sim BBS1: Lesson 28 (gi) 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (21) 7:45 p.m. - 8:45 p.m.	9	Reflex Development 7:00 a.m. - 8:00 a.m.
11	Guard BBS2: Lesson 30 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	12	Guard BBS2: Lesson 30 (gi) 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	13	Guard Fight Sim BBS2: Lesson 30 (gi) 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	14	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (26) 12:15 p.m. - 1:15 p.m.	15	Guard Fight Sim BBS2: Lesson 30 (gi) 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (30) 7:45 p.m. - 8:45 p.m.	16	Reflex Development 7:00 a.m. - 8:00 a.m.
18	Guard Review 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	19	Guard Review 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	20	Guard Review 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	21	Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (31) 12:15 p.m. - 1:15 p.m.	22	Guard Review 6:00 a.m. - 7:30 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (33) 7:45 p.m. - 8:45 p.m.	23	Reflex Development 7:00 a.m. - 8:00 a.m.
25	Rolling & Exploring 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	26	Rolling & Exploring 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	27	CLOSED Thanksgiving Preparation Day	28	CLOSED Thanksgiving Day	29	CLOSED Thanksgiving Recovery Day	30	Reflex Development 7:00 a.m. - 8:00 a.m.
2	Rolling & Exploring 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	NOTES:									