



# MASTER CYCLE SCHEDULE



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## November 2024

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