

MASTER CYCLE SCHEDULE



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November 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Side Mount Figh BBS2: Lesson 15 (R-BBS1:15 12:15 p.m 1:45 7:30 p.m 9:00 p	gi) BBS2: Lesson 15 (gi) R-BBS1:15 p.m. 5:30 a.m 7:00 a.m.	AM Side Mount BBS2: Lesson 15 (gi) R-BBS1:15 12:15 p.m 1:45 p.m. 7:30 p.m 9:00 p.m.	Side Mount BBS2: Lesson 15 (gi) 5:30 a.m 7:00 a.m. Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (50/53) 12:15 p.m 1:15 p.m.	Cancelled for Halloween 6:30 p.m 7:30 p.m. 7:30 p.m 8:30 p.m.	1
Review & Rolli 12:15 p.m 1:45 7:30 p.m 9:00 p	p.m. 5:30 a.m 7:00 a.m.	Review & Rolling 12:15 p.m 1:45 p.m. 7:30 p.m 9:00 p.m.	Review & Rolling 5:30 a.m 7:00 a.m. Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (60) 12:15p.m 1:15 p.m.	Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (1) 7:30 p.m 8:30 p.m.	8
Side Mount BBS2: Lesson 16 12:15 p.m 1:45 7:30 p.m 9:00 p	(gi) BBS2: Lesson 16 (gi) p.m. 5:30 a.m 7:00 a.m.	Side Mount Fight Sim BBS2: Lesson 16 (gi) 12:15 p.m 1:45 p.m. 7:30 p.m 9:00 p.m.	13 Side Mount Fight Sim BBS2: Lesson 16 (gi) 5:30 a.m 7:00 a.m. Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (2) 12:15 p.m 1:15 p.m.	Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (4) 7:30 p.m 8:30 p.m.	15
Side Mount BBS3: Lesson 12 12:15 p.m 1:45 7:30 p.m 9:00 p	(gi) BBS3: Lesson 12 (gi) p.m. 5:30 a.m 7:00 a.m. 12:15 p.m 1:45 p.m.	Side Mount Fight Sim BBS3: Lesson 12 (gi) 12:15 p.m 1:45 p.m. 7:30 p.m 9:00 p.m.	20 Side Mount Fight Sim BBS3: Lesson 12 (gi) 5:30 a.m 7:00 a.m. Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (6) 12:15 p.m 1:15 p.m.	Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (9) 7:30 p.m 8:30 p.m.	22
Review & Rollin 12:15 p.m 1:45 p 7:30 p.m 9:00 p	5:30 a.m 7:00 a.m.	CLOSED Thanksgiving Preparation Day	CLOSED Thanksgiving Day	CLOSED Thanksgiving Recovery Day	29
Side Mount Figl BBS3: Lesson 13 R-BBS1:14 12:15 p.m 1:45 7:30 p.m 9:00	(gi) 5 p.m.	1			