



# MASTER CYCLE SCHEDULE



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## October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 <b>Rolling &amp; Exploring</b> 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	1 <b>Rolling &amp; Exploring</b> 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	2 <b>Rolling &amp; Exploring</b> 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	3 <b>Reflex Development</b> 11:00 a.m. - 12:00 p.m. <b>Fundamentals (57)</b> 12:15 p.m. - 1:15 p.m.	4 <b>Rolling &amp; Exploring</b> 6:00 a.m. - 7:30 a.m. <b>Reflex Development</b> 6:30 p.m. - 7:30 p.m. <b>Fundamentals (60)</b> 7:45 p.m. - 8:45 p.m.	5 <b>Reflex Development</b> 7:00 a.m. - 8:00 a.m.
7 <b>Guard   Fight Sim</b> BBS1: Lesson 25 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	8 <b>Guard   Fight Sim AM</b> BBS1: Lesson 25 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	9 <b>Guard</b> BBS1: Lesson 25 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	10 <b>Reflex Development</b> 11:00 a.m. - 12:00 p.m. <b>Fundamentals (1)</b> 12:15 p.m. - 1:15 p.m.	11 <b>Guard</b> BBS1: Lesson 25 6:00 a.m. - 7:30 a.m. <b>Reflex Development</b> 6:30 p.m. - 7:30 p.m. <b>Fundamentals (2)</b> 7:45 p.m. - 8:45 p.m.	12 <b>Reflex Development</b> 7:00 a.m. - 8:00 a.m.
14 <b>Guard   Fight Sim</b> BBS2: Lesson 26 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	15 <b>Guard   Fight Sim AM</b> BBS2: Lesson 26 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	16 <b>Guard</b> BBS2: Lesson 26 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	17 <b>Reflex Development</b> 11:00 a.m. - 12:00 p.m. <b>Fundamentals (4)</b> 12:15 p.m. - 1:15 p.m.	18 <b>Guard</b> BBS2: Lesson 26 6:00 a.m. - 7:30 a.m. <b>Reflex Development</b> 6:30 p.m. - 7:30 p.m. <b>Fundamentals (6)</b> 7:45 p.m. - 8:45 p.m.	19 <b>Reflex Development</b> 7:00 a.m. - 8:00 a.m.
21 <b>Guard   Fight Sim</b> BBS3: Lesson 26 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	22 <b>Guard   Fight Sim AM</b> BBS3: Lesson 26 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	23 <b>Guard</b> BBS3: Lesson 26 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	24 <b>Reflex Development</b> 11:00 a.m. - 12:00 p.m. <b>Fundamentals (10)</b> 12:15 p.m. - 1:15 p.m.	25 <b>Guard</b> BBS3: Lesson 26 6:00 a.m. - 7:30 a.m. <b>Reflex Development</b> 6:30 p.m. - 7:30 p.m. <b>Fundamentals (14)</b> 7:45 p.m. - 8:45 p.m.	26 <b>Reflex Development</b> 7:00 a.m. - 8:00 a.m.
28 <b>Guard   Fight Sim</b> BBS2: Lesson 28 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 6:00 a.m. - 7:30 a.m. 12:15 p.m. - 1:45 p.m.	30 <b>Guard</b> BBS2: Lesson 28 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 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 12:15 p.m. - 1:45 p.m. 7:15 p.m. - 8:45 p.m.	NOTES:				