



MASTER CYCLE SCHEDULE



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October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Mount Review 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	30 Mount Review 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	1 Mount Review 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	2 Mount review 5:30 a.m. - 7:00 a.m. Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (26) 12:15 p.m. - 1:15 p.m.	3 Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (30) 7:30 p.m. - 8:30 p.m.	4
6 Rolling & Exploring 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	7 Rolling & Exploring 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	8 Rolling & Exploring 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	9 Rolling & Exploring 5:30 a.m. - 7:00 a.m. Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (31) 12:15 p.m. - 1:15 p.m.	10 Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (33) 7:30 p.m. - 8:30 p.m.	11
13 Side Mount Fight Sim BBS2: Lesson 9 (gi) R-BBS1:12 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	14 Side Mount Fight Sim AM BBS2: Lesson 9 (gi) R-BBS1:12 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	15 Side Mount BBS2: Lesson 9 (gi) R-BBS1:12 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	16 Side Mount BBS2: Lesson 9 (gi) 5:30 a.m. - 7:00 a.m. Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (37) 12:15 p.m. - 1:15 p.m.	17 Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (38) 7:30 p.m. - 8:30 p.m.	18
20 Side Mount Fight Sim BBS2: Lesson 14 (gi) 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	21 Side Mount Fight Sim AM BBS2: Lesson 14 (gi) 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	22 Side Mount BBS2: Lesson 14 (gi) 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	23 Side Mount BBS2: Lesson 14 (gi) 5:30 a.m. - 7:00 a.m. Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals (41) 12:15 p.m. - 1:15 p.m.	24 Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (42) 7:30 p.m. - 8:30 p.m.	25
27 Side Mount Fight Sim BBS2: Lesson 15 (gi) R-BBS1:15 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	28 Side Mount Fight Sim AM BBS2: Lesson 15 (gi) R-BBS1:15 5:30 a.m. - 7:00 a.m. 12:15 p.m. - 1:45 p.m.	29 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.	30 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.	31 Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals (57) 7:30 p.m. - 8:30 p.m.	1
3 Review & Rolling 12:15 p.m. - 1:45 p.m. 7:30 p.m. - 9:00 p.m.	NOTES:				