



MASTER CYCLE SCHEDULE



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September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 Standing 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	29 Standing 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	30 Standing Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	31 Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	1 Standing 6:00 a.m. - 7:00 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals 7:45 p.m. - 8:45 p.m.	2 CLOSED Labor Day Weekend
4 CLOSED Labor Day Weekend	5 Standing Fight Sim AM 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	6 Standing 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	7 Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	8 Standing 6:00 a.m. - 7:00 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals 7:45 p.m. - 8:45 p.m.	9 Reflex Development 7:00 a.m. - 8:00 a.m.
11 Standing Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	12 Standing Fight Sim AM 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	13 Standing 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	14 Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	15 Standing 6:00 a.m. - 7:00 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals 7:45 p.m. - 8:45 p.m.	16 Reflex Development 7:00 a.m. - 8:00 a.m.
18 Standing Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	19 Standing Fight Sim AM 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	20 Standing 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	21 Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	22 Standing 6:00 a.m. - 7:00 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals 7:45 p.m. - 8:45 p.m.	23 Reflex Development 7:00 a.m. - 8:00 a.m.
25 Standing Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	26 Standing Fight Sim AM 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	27 Standing 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	28 Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	29 Standing 6:00 a.m. - 7:00 a.m. Reflex Development 6:30 p.m. - 7:30 p.m. Fundamentals 7:45 p.m. - 8:45 p.m.	30 Reflex Development 7:00 a.m. - 8:00 a.m.
2 Standing 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	NOTES:				