



MASTER CYCLE SCHEDULE



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September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 CLOSED Labor Day Weekend	3 Guard 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	4 Guard Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	5 Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	6 Guard Fight Sim 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.	7 Reflex Development 7:00 a.m. - 8:00 a.m.
9 Guard 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	10 Guard 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	11 Guard Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	12 Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	13 Guard Fight Sim 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.	14 Reflex Development 7:00 a.m. - 8:00 a.m.
16 Guard 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	17 Guard 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	18 Guard Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	19 Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	20 Guard Fight Sim 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.	21 Reflex Development 7:00 a.m. - 8:00 a.m.
23 Guard 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	24 Guard 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	25 Guard Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	26 Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	27 Guard Fight Sim 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.	28 Reflex Development 7:00 a.m. - 8:00 a.m.
30 Guard 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	1 Guard Fight Sim AM 6:00 a.m. - 7:00 a.m. 12:15 p.m. - 1:15 p.m.	2 Guard 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	3 Reflex Development 11:00 a.m. - 12:00 p.m. Fundamentals 12:15 p.m. - 1:15 p.m.	4 Guard 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.	5 Reflex Development 7:00 a.m. - 8:00 a.m.
7 Guard Fight Sim 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	NOTES:				