

MASTER CYCLE SCHEDULE



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September 2025						
MONE	DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOS Labor Day \		Review/Rolling 6:00 a.m 7:30 a.m. 12:15 p.m 1:45 p.m.	Review/Rolling 12:15 p.m 1:45 p.m. 7:15 p.m 8:45 p.m.	Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (6) 12:15 p.m 1:15 p.m.	8 Review/Rolling 6:00 a.m 7:30 a.m. Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (9) 7:45 p.m 8:45 p.m.	TATUM GRAND REOPENING All Classes Cancelled
Mou BBS2: Lesso 12:15 p.m 7:30 p.m	on 5 (no-gi) - 1:45 p.m.	Mount BBS2: Lesson 5 (no-gi) 5:30 a.m 7:00 a.m. 12:15 p.m 1:45 p.m.	Mount Fight Sim BB52: Lesson 5 (no-gi) 12:15 p.m 1:45 p.m. 7:30 p.m 9:00 p.m.	Mount Fight Sim BBS2: Lesson 5 (no-gi) 5:30 a.m 7:00 a.m. Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (10) 12:15p.m 1:15 p.m.	Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (14) 7:45 p.m 8:45 p.m.	13
Mou BBS2: Lesson 12:15 p.m 7:30 p.m	n 1 (no-gi) · 1:45 p.m.	Mount BBS2: Lesson 1 (no-gi) 5:30 a.m 7:00 a.m. 12:15 p.m 1:45 p.m.	Mount Fight Sim BBS2: Lesson1 (no-gi) 12:15 p.m 1:45 p.m. 7:30 p.m 9:00 p.m.	Mount Fight Sim BBS2: Lesson 1 (no-gi) 5:30 a.m 7:00 a.m. Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (16) 12:15 p.m 1:15 p.m.	Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (17) 7:45 p.m 8:45 p.m.	20
Mou BBS3: Lesso 12:15 p.m 7:30 p.m	int n 4 (no-gi) - 1:45 p.m.	Mount BBS3: Lesson 4 (no-gi) 5:30 a.m 7:00 a.m. 12:15 p.m 1:45 p.m.	Mount Fight Sim BBS3: Lesson 4 (no-gi) 12:15 p.m 1:45 p.m. 7:30 p.m 9:00 p.m.	Mount Fight Sim BBS3: Lesson 4 (no-gi) 5:30 a.m 7:00 a.m. Reflex Development 11:00 a.m 12:00 p.m. Fundamentals (19) 12:15 p.m 1:15 p.m.	Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (21) 7:45 p.m 8:45 p.m.	27
Mount F 12:15 p.m 7:30 p.m	- 1:45 p.m.	Mount Review 5:30 a.m 7:00 a.m. 12:15 p.m 1:45 p.m.	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.	Reflex Development 6:30 p.m 7:30 p.m. Fundamentals (30) 7:45 p.m 8:45 p.m.	4
Rolling & E 12:15 p.m 7:30 p.m	- 1:45 p.m.	NOTES:	•	,		