



# MASTER CYCLE SCHEDULE



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## January 2019

| MONDAY   | TUESDAY     | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|--|-------------|--|---|---|--|
| 31<br>CLOSED   | 1<br>CLOSED | 2<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard Sweeps<br>(Cross Sweep)      | 3<br>Reflex Development<br>11:00 a.m. - 12:00 p.m.  | 4<br>12:15 p.m. - 1:45 p.m.<br>Fight Sim (Cross Sweep)      | 5<br>7:45 a.m. - 8:45 a.m.<br>Fight Simulation/RD  |
| 7<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Sports Guards<br>(Butterfly Guard) | 8           | 9<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Sports Guards<br>(Butterfly Guard) | 10<br>Reflex Development<br>11:00 a.m. - 12:00 p.m. | 11<br>12:15 p.m. - 1:45 p.m.<br>Fight Sim (Butterfly Guard) | 12<br>7:45 a.m. - 8:45 a.m.<br>Fight Simulation/RD |
| 14<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Sport Guards<br>(Spider Guard)    | 15          | 16<br>CLOSED<br>FOR ICP  | 17<br>CLOSED<br>FOR ICP                             | 18<br>CLOSED<br>FOR ICP                                     | 19<br>CLOSED<br>FOR ICP                            |
| 21<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard (Review)                    | 22          | 23<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard (Review)                    | 24<br>7:45 a.m. - 8:45 a.m.<br>Fight Simulation/RD  | 25<br>12:15 p.m. - 1:45 p.m.<br>Fight Sim (Review)          | 26<br>7:45 a.m. - 8:45 a.m.<br>Fight Simulation/RD |
| 28<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard (Review)                    | 29          | 30<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard (Review)                    | 31<br>Reflex Development<br>11:00 a.m. - 12:00 p.m. | 1<br>12:15 p.m. - 1:45 p.m.<br>Fight Sim (Review)           | 2<br>7:45 a.m. - 8:45 a.m.<br>Fight Simulation/RD  |
| 4<br>12:15 p.m. - 1:45 p.m.<br>7:15 p.m. - 8:45 p.m.<br>Guard (Sparring)                   | NOTES:      |  |   |   |  |