



# MASTER CYCLE SCHEDULE



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## September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 CLOSED FOR LABOR DAY	3	4 12:15 p.m. - 1:45 p.m. 7:00 p.m. - 8:30 p.m. Standing (Standing Headlock Defense)	5 Reflex Development 11:00 a.m. - 12:00 p.m.	6 12:15 p.m. - 1:15 p.m. Fight Sim (Standing Headlock Defense)	7 7:45 a.m. - 8:45 a.m. Fight Simulation/RD
9 12:15 p.m. - 1:45 p.m. 7:00 p.m. - 8:30 p.m. Standing (Rear Choke Defenses)	10	11 12:15 p.m. - 1:45 p.m. 7:00 p.m. - 8:30 p.m. Standing (Rear Choke Defenses)	12 Reflex Development 11:00 a.m. - 12:00 p.m.	13 12:15 p.m. - 1:15 p.m. Fight Sim (Rear Choke Defenses)	14 7:45 a.m. - 8:45 a.m. Fight Simulation/RD
16 12:15 p.m. - 1:45 p.m. 7:00 p.m. - 8:30 p.m. Standing (Club Defense)	17	18 12:15 p.m. - 1:45 p.m. 7:00 p.m. - 8:30 p.m. Standing (Club Defense)	19 Reflex Development 11:00 a.m. - 12:00 p.m.	20 12:15 p.m. - 1:15 p.m. Fight Sim (Club Defense)	21 7:45 a.m. - 8:45 a.m. Fight Simulation/RD
23 12:15 p.m. - 1:45 p.m. 7:00 p.m. - 8:30 p.m. Standing (Knife Defense)	24	25 12:15 p.m. - 1:45 p.m. 7:00 p.m. - 8:30 p.m. Standing (Knife Defense)	26 Reflex Development 11:00 a.m. - 12:00 p.m.	27 12:15 p.m. - 1:15 p.m. Fight Sim (Knife Defense)	28 7:45 a.m. - 8:45 a.m. Fight Simulation/RD
30 12:15 p.m. - 1:45 p.m. 7:00 p.m. - 8:30 p.m. Standing (Gun Defense)	1	2 12:15 p.m. - 1:45 p.m. 7:00 p.m. - 8:30 p.m. Standing (Gun Defense)	3 Reflex Development 11:00 a.m. - 12:00 p.m.	4 12:15 p.m. - 1:15 p.m. Fight Sim (Gun Defense)	5 7:45 a.m. - 8:45 a.m. Fight Simulation/RD
7 12:15 p.m. - 1:45 p.m. 7:00 p.m. - 8:30 p.m. Standing (Over-Under Clinch Control)	NOTES:				