



MASTER CYCLE SCHEDULE



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August 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1	Guard 7:15 p.m. - 8:15 p.m.	2	Guard 12:15 p.m. - 1:15 p.m.	3	Guard 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	4	Reflex Development 11:00 a.m. - 12:00 p.m.	5	Fight Simulation/Review 12:15 p.m. - 1:15 p.m.	6	Reflex Development 7:30 a.m. - 8:30 a.m.
8	Guard 7:15 p.m. - 8:15 p.m.	9	Guard 12:15 p.m. - 1:15 p.m.	10	Guard 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	11	Reflex Development 11:00 a.m. - 12:00 p.m.	12	Fight Simulation/Review 12:15 p.m. - 1:15 p.m.	13	Reflex Development 7:30 a.m. - 8:30 a.m.
15	Guard 7:15 p.m. - 8:15 p.m.	16	Guard 12:15 p.m. - 1:15 p.m.	17	Guard 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	18	Reflex Development 11:00 a.m. - 12:00 p.m.	19	Fight Simulation/Review 12:15 p.m. - 1:15 p.m.	20	Reflex Development 7:30 a.m. - 8:30 a.m.
22	Guard 7:15 p.m. - 8:15 p.m.	23	Guard 12:15 p.m. - 1:15 p.m.	24	Guard 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	25	Reflex Development 11:00 a.m. - 12:00 p.m.	26	Fight Simulation/Review 12:15 p.m. - 1:15 p.m.	27	Reflex Development 7:30 a.m. - 8:30 a.m.
29	Guard 7:15 p.m. - 8:15 p.m.	30	Guard 12:15 p.m. - 1:15 p.m.	31	Guard 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	1	Reflex Development 11:00 a.m. - 12:00 p.m.	2	Fight Simulation/Review 12:15 p.m. - 1:15 p.m.	3	CLOSED Labor Day Weekend
5	CLOSED Labor Day	NOTES:									