



MASTER CYCLE SCHEDULE



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September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Half Guard 7:15 p.m. - 8:15 p.m.	30 Half Guard 12:15 p.m. - 1:15 p.m.	31 Half 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	6 Half Guard 12:15 p.m. - 1:15 p.m.	7 Half Guard 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	8 Reflex Development 11:00 a.m. - 12:00 p.m.	9 Fight Simulation/Review 12:15 p.m. - 1:15 p.m.	10 Reflex Development 7:30 a.m. - 8:30 a.m.
12 Half Guard 7:15 p.m. - 8:15 p.m.	13 Half Guard 12:15 p.m. - 1:15 p.m.	14 Half Guard 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	15 Reflex Development 11:00 a.m. - 12:00 p.m.	16 Fight Simulation/Review 12:15 p.m. - 1:15 p.m.	17 Reflex Development 7:30 a.m. - 8:30 a.m.
19 Half Guard 7:15 p.m. - 8:15 p.m.	20 Half Guard 12:15 p.m. - 1:15 p.m.	21 Half Guard 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	22 Reflex Development 11:00 a.m. - 12:00 p.m.	23 Fight Simulation/Review 12:15 p.m. - 1:15 p.m.	24 Reflex Development 7:30 a.m. - 8:30 a.m.
26 Half Guard 7:15 p.m. - 8:15 p.m.	27 Half Guard 12:15 p.m. - 1:15 p.m.	28 Half Guard 12:15 p.m. - 1:15 p.m. 7:15 p.m. - 8:15 p.m.	29 Reflex Development 11:00 a.m. - 12:00 p.m.	30 Fight Simulation/Review 12:15 p.m. - 1:15 p.m.	1 Reflex Development 7:30 a.m. - 8:30 a.m.
3 Half Guard 7:15 p.m. - 8:15 p.m.	NOTES:				