

MASTER CYCLE®

May 2023					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:00 – 8:30 pm No-Gi Ch 3.3 Guard Submission Counters Fight Sim	2 6:00 – 7:30 pm Ch 3.3 Guard Submission Counters	3 7:00 – 8:30 pm Ch 3.3 Guard Submission Counters	4 6:00 – 7:30 pm BBS1 No-Gi Lesson 23: Kimura Counters Ch 3.3 Guard Submission Counters	5 12:00 – 1:00 pm Ch 3.3 Guard Submission Counters ----- 7:00 – 8:00pm Sparring	6 11:30 am – 12:30pm BBS1 Ch 3.3 Guard Submission Counters Reflex Development
8 7:00 – 8:30 pm No-Gi Ch 3.5 Guard Sweeps Fight Sim	9 6:00 – 7:30 pm Ch 3.5 Guard Sweeps	10 7:00 – 8:30 pm Ch 3.5 Guard Sweeps	11 6:00 – 7:30 pm BBS1 No-Gi Lesson 26: Scissor Sweep Ch 3.5 Guard Sweeps	12 12:00 – 1:00 pm Ch 3.5 Guard Sweeps ----- 7:00 – 8:00pm Sparring	13 11:30 am – 12:30pm BBS1 Lesson 27: Cross Sweep Ch 3.5 Guard Sweeps
15 7:00 – 8:30 pm No-Gi Ch 3.5 Guard Sweeps Fight Sim	16 6:00 – 7:30 pm Ch 3.5 Guard Sweeps	17 7:00 – 8:30 pm Ch 3.5 Guard Sweeps	18 6:00 – 7:30 pm BBS1 No-Gi Lesson 28: Butterfly Guard Ch 3.6 Sport Guards	19 12:00 – 1:00 pm Ch 3.5 Guard Sweeps ----- 7:00 – 8:00pm Sparring	20 11:30 am – 12:30pm BBS1 Ch 3.5 Guard Sweeps Reflex Development
22 7:00 – 8:30 pm No-Gi Ch 3.6 Sport Guards Fight Sim	23 6:00 – 7:30 pm Ch 3.6 Sport Guards	24 7:00 – 8:30 pm Ch 3.6 Sport Guards	25 6:00 – 7:30 pm BBS1 No-Gi Lesson 28: Butterfly Guard Ch 3.6 Sport Guards	26 12:00 – 1:00 pm Ch 3.6 Sport Guards ----- 7:00 – 8:00pm Sparring	27 CLOSED Memorial Day Weekend
29 CLOSED Memorial Day	30 6:00 – 7:30 pm BBS1 Lesson 29: Spider Guard Ch 3.6 Sport Guards	31 7:00 – 8:30 pm Ch 3.6 Sport Guards	1 6:00 – 7:30 pm BBS1 No-Gi Sport Guard Review	2 12:00 – 1:00 pm Ch 3.6 Sport Guards ----- 7:00 – 8:00pm Sparring	3 11:30 am – 12:30pm BBS1 Ch 3.6 Sport Guards Reflex Development