

MASTER CYCLE®

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 7:00 – 8:30 pm No-Gi Ch 2.1 Side Mount Controls Fight Sim	28 6:00 – 7:30 pm Ch 2.1 Side Mount Controls	1 7:00 – 8:30 pm Ch 2.1 Side Mount Controls	2 6:00 – 7:30 pm BBS1 No-Gi Lesson 10: Control Flow Ch 2.1 Side Mount Controls	3 12:00 – 1:30 pm Ch 2.1 Side Mount Controls ----- 7:00 – 8:00pm Sparring	4 11:30 am – 12:30pm BBS1 Lesson 11: Knee on Stomach Ch 2.1 Side Mount Controls
6 7:00 – 8:30 pm No-Gi Ch 2.3 Side Mount Subs Fight Sim	7 6:00 – 7:30 pm Ch 2.3 Side Mount Subs	8 7:00 – 8:30 pm Ch 2.3 Side Mount Subs	9 6:00 – 7:30 pm BBS1 No-Gi Lesson 14: Americana Armlock Ch 2.3 Side Mount Subs	10 12:00 – 1:30 pm Ch 2.3 Side Mount Subs ----- 7:00 – 8:00pm Sparring	11 11:30 am – 12:30pm BBS1 Lesson 15: Elbow Cup Armbar Ch 2.3 Side Mount Subs
13 7:00 – 8:30 pm No-Gi Ch 2.4 Side Mount Sub Counters Fight Sim	14 6:00 – 7:30 pm Ch 2.4 Side Mount Sub Counters	15 7:00 – 8:30 pm Ch 2.4 Side Mount Sub Counters	16 6:00 – 7:30 pm BBS1 No-Gi Lesson 16: Safe Hands Ch 2.4 Side Mount Sub Counters	17 12:00 – 1:30 pm Ch 2.4 Side Mount Sub Counters ----- 7:00 – 8:00pm Sparring	18 11:30 am – 12:30pm BBS1 Ch 2 Side Mount Review
20 7:00 – 8:30 pm No-Gi Ch 2 Side Mount Review Fight Sim	21 6:00 – 7:30 pm Ch 2 Side Mount Review	22 7:00 – 8:30 pm Ch 2 Side Mount Review	23 6:00 – 7:30 pm BBS1 No-Gi Ch 2 Side Mount Review	24 12:00 – 1:30 pm Ch 2 Side Mount Review ----- 7:00 – 8:00pm Sparring	25 11:30 am – 12:30pm BBS1 Ch 2 Side Mount Review
27 7:00 – 8:30 pm No-Gi Ch 2 Side Mount Review Fight Sim	28 6:00 – 7:30 pm Ch 2 Side Mount Review	29 7:00 – 8:30 pm Ch 2 Side Mount Review	30 6:00 – 7:30 pm BBS1 No-Gi Ch 2 Side Mount Review	31 12:00 – 1:30 pm Ch 2 Side Mount Review ----- 7:00 – 8:00pm Sparring	1 11:30 am – 12:30pm BBS1 Ch 2 Side Mount Review