

MASTER CYCLE®

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>26 7:00 – 8:30 pm</p> <p>No-Gi Fight Sim</p>	<p>27 6:00 – 7:30 pm</p>	<p>28 7:00 – 8:30 pm</p>	<p>29 6:00 – 7:30 pm MC FUNDAMENTALS</p>	<p>1 12:00 – 1:00 pm Side Mount Review</p> <p>-----</p> <p>6 – 7pm GC RD (no-gi): Freestyle 7:00 – 8:00p Sparring (Open Mat)</p>	<p>2 11:30 am – 12:30pm MC FUNDAMENTALS</p> <p>Guard Controls</p>
<p>4 7:00 – 8:30 pm</p> <p>No-Gi Guard Controls Fight Sim</p>	<p>5 6:00 – 7:30 pm</p> <p>Guard Controls</p>	<p>6 7:00 – 8:30 pm</p> <p>Guard Controls</p>	<p>7 6:00 – 7:30 pm MC FUNDAMENTALS No-Gi</p> <p>Guard Controls</p>	<p>8 12:00 – 1:00 pm Guard Controls</p> <p>-----</p> <p>6 – 7pm GC RD (no-gi): Mount 7:00 – 8:00p Sparring (Open Mat)</p>	<p>9 11:30 am – 12:30pm MC FUNDAMENTALS</p> <p>Guard Controls</p>
<p>11 7:00 – 8:30 pm</p> <p>No-Gi Guard Passes Fight Sim</p>	<p>12 6:00 – 7:30 pm</p> <p>Guard Passes</p>	<p>13 7:00 – 8:30 pm</p> <p>Guard Passes</p>	<p>14 6:00 – 7:30 pm MC FUNDAMENTALS No-Gi</p> <p>Guard Passes</p>	<p>15 12:00 – 1:00 pm Guard Passes</p> <p>-----</p> <p>6-7pm GC RD (no-gi): Guard Subs 7:00 – 8:00p Sparring (Open Mat)</p>	<p>16 11:30 am – 12:30pm MC FUNDAMENTALS</p> <p>Guard Passes</p>
<p>18 7:00 – 8:30 pm</p> <p>No-Gi Guard Sweeps Fight Sim</p>	<p>19 6:00 – 7:30 pm</p> <p>Guard Sweeps</p>	<p>20 7:00 – 8:30 pm</p> <p>Guard Sweeps</p>	<p>21 6:00 – 7:30 pm MC FUNDAMENTALS No-Gi</p> <p>Guard Sweeps</p>	<p>22 12:00 – 1:00 pm Guard Sweeps</p> <p>-----</p> <p>6-7pm GC RD (no-gi): Guard Sweeps 7:00 – 8:00p Sparring (Open Mat)</p>	<p>23 11:30 am – 12:30pm MC FUNDAMENTALS</p> <p>Guard Sweeps</p>
<p>25 7:00 – 8:30 pm</p> <p>No-Gi Guard Submissions Fight Sim</p>	<p>26 6:00 – 7:30 pm</p> <p>Guard Submissions</p>	<p>27 7:00 – 8:30 pm</p> <p>Guard Submissions</p>	<p>28 6:00 – 7:30 pm MC FUNDAMENTALS No-Gi</p> <p>Guard Submissions</p>	<p>29 12:00 – 1:00 pm Guard Submissions</p> <p>-----</p> <p>6 – 7pm GC RD (no-gi): Side Mount 7:00 – 8:00p Sparring (Open Mat)</p>	<p>30 11:30 am – 12:30pm MC FUNDAMENTALS</p> <p>Guard Submissions</p>