

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Shooting Academy	3	4 Attack Academy	5 Skills Academy	6	7 Skills Academy Skills Assessment 4 pm
8 Mother's Day	9 Shooting Academy	10	11 Attack Academy	12 Skills Academy	13	14 Skills Academy
15	16 Shooting Academy	17	18 Attack Academy	19 Skills Academy	20	21 Skills Academy Skills Assessment 4 pm
22	23 Shooting Academy	24	25 Attack Academy	26 Skills Academy	27	28 Memorial Day Weekend - No classes
29	30 Memorial Day - No Classes	31				

### MONDAY | WEDNESDAY

Shooting & Attack Academy  
NEW ORLEANS

**5:00 PM BEGINNER**  
Introduction to training.  
Focus on high reps and fundamentals.

**6:00 PM INTERMEDIATE**  
Builds on Beginner class.  
Prepares athlete for Experienced class.

**7:15 PM EXPERIENCED**  
Varsity starter skill level.

### THURSDAY

Skills Academy  
HOUMA

**5:15 PM BEGINNER**  
Introduction to training.  
Focus on high reps and fundamentals.

**6:30 PM INTERMEDIATE**  
Builds on Beginner class.  
Prepares athlete for Experienced class.

**7:45 PM EXPERIENCED**  
Varsity starter skill level.

### SATURDAY

Skills Academy  
NEW ORLEANS

**10:00 AM PRO**  
College or pro athletes.

**2:00 PM MINI BIDDY/ YOUNG YOUNG HOOPER**  
Intro to movements and actions.

**11:15 PM EXPERIENCED**  
Varsity starter skill level.

**2:45 PM BEGINNER**  
Introduction to training.  
Focus on high reps and fundamentals.

**12:30 PM INTERMEDIATE**  
Builds on Beginner class.  
Prepares athlete for Experienced class.

**4:00 PM PRIVATE/ SMALL GROUP**  
Call (504) 383 - 5106 to schedule.





### INFORMATION

Schedule individual and team training by phone with 24hr advance notice.

Students may be moved to a different class per the instructor's discretion.

If you need assistance please call our help line at (504) 383-5106.

### CONTACT

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