

# AUGUST 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Shooting Academy Experience Class 3:30 PM	2	3 Attack Academy Experience Class 3:30 PM	4	5	6 Skills Academy Adult Fitness
7	8 Shooting Academy *New time for Experience Class begins*	9	10 Attack Academy	11	12	13 Skills Assessment 4 PM Skills Academy Adult Fitness
14	15 Shooting Academy	16	17 Attack Academy	18	19	20 Skills Academy Adult Fitness
21	22 Shooting Academy	23	24 Attack Academy	25	26	27 Skills Assessment 4 PM Skills Academy Adult Fitness
28 NOLA All-Star Challenge	29 Shooting Academy	30	31 Attack Academy			

## MONDAY / WEDNESDAY

Shooting & Attack Academy

**5:30 PM BEGINNER**  
Intro to training.  
Focus on high reps & fundamentals.

**6:40 PM INTERMEDIATE**  
Builds on Beginner class.  
Prepares athlete for Experienced class.

**7:45 PM \*EXPERIENCE\***  
New time begins August 8th. Skill level of a Varsity starter.

## SATURDAY

Skills Academy

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

**11:15 PM EXPERIENCE**  
Skill level of a Varsity starter.

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

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

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

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

## SATURDAY

Adult Fitness

**12:00 - 12:30 PM**  
**12:45 - 1:15 PM**  
**1:30 - 2:00 PM**  
**2:15 - 2:45 PM**

Call to reserve your spot.

## 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.

## FOLLOW US

