

SEPTEMBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Shooting Academy	2	3 Attack Academy	1	2	3 CLOSED - LABOR DAY
4	5 CLOSED - LABOR DAY	6 Shot Trainer 5:00 - 8:30 PM	7 Attack Academy	8	9 Shot Trainer 5:00 - 8:30 PM	10 ELEVATE NEXT CLOSED Adult Fitness
11	12 Shooting Academy	13 Shot Trainer 5:00 - 8:30 PM	14 Attack Academy	15	16 Shot Trainer 5:00 - 8:30 PM	17 Skills Academy Shot Trainer Adult Fitness
18	19 Shooting Academy	20 Shot Trainer 5:00 - 8:30 PM	21 Attack Academy	22	23 Shot Trainer 5:00 - 8:30 PM	24 Skills Academy Shot Trainer Adult Fitness
25	26 Shooting Academy	27 Shot Trainer 5:00 - 8:30 PM	28 Attack Academy	29	30 Shot Trainer 5:00 - 8:30 PM	

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
Skill level of a Varsity starter.

SATURDAY

Skills Academy

**10:00 AM PRIVATE/
SKILL ASSESSMENT/
TEAM TRAINING**

**11:15 PM MINI BIDDY/
YOUNG HOOPER**
Intro to movements and actions.

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

1:45 PM BEGINNER
Intro to training. Focus on high reps and fundamentals.

3:00 PM EXPERIENCE
Skill level of a Varsity starter.

**4:00 PM POST PLAYER CLASS/
PRIVATE**

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.

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