

# 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 AM 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.

## FOLLOW US



