

OCTOBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	3 Shooting Academy	4 Shot Trainer 5:00 - 8:30 PM	5 Attack Academy	6	7 Shot Trainer 5:00 - 8:30 PM	8 Skills Academy Shot Trainer Adult Fitness Assessment Class 10:00 AM
9	10 Shooting Academy	11 Shot Trainer 5:00 - 8:30 PM	12 Attack Academy	13	14 Shot Trainer 5:00 - 8:30 PM	15 Skills Academy Shot Trainer Adult Fitness Pre-season sale ends
16	17 Shooting Academy	18 Shot Trainer 5:00 - 8:30 PM	19 Attack Academy	20	21 Shot Trainer 5:00 - 8:30 PM	22 Skills Academy Shot Trainer Adult Fitness Assessment Class 10:00 AM
23	24 Shooting Academy	25 Shot Trainer 5:00 - 8:30 PM	26 Attack Academy	27	28 Shot Trainer 5:00 - 8:30 PM	29 Skills Academy Shot Trainer Adult Fitness
30	31 Shooting Academy					

MONDAY WEDNESDAY

- 5:30 PM BEGINNER**
Intro to training. Focus on high reps and fundamentals.
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- 6:40 PM INTERMEDIATE**
Builds on Beginner and prepares for Experienced.
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- 7:45 PM EXPERIENCED**
Skill level of a varsity starter.

SATURDAY

- 10:00 AM PRIVATE/
SKILL ASSESSMENT/
TEAM TRAINING**
- 11:15 AM MINI BIDDY/
YOUNG HOOPER**
Intro to movements and actions.
- 12:00 PM ADULT FITNESS**
- 12:30 PM INTERMEDIATE**
Builds on Beginner and prepares for Experienced.
- 12:45 PM ADULT FITNESS**
- 1:30 PM ADULT FITNESS**
- 1:45 PM BEGINNER**
Intro to training. Focus on high reps and fundamentals.
- 2:15 PM ADULT FITNESS**
- 3:00 PM EXPERIENCED**
Skill level of a varsity starter.
- 4:00 PM POST PLAYER/
PRIVATE**

FOLLOW US



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