

# December 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Private Class Available	2 Shot Trainer Available	3 Skills Assessment 10 AM Skills Academy Adult Fitness
4	5 Shooting Academy	6 Shot Trainer Available	7 Attack Academy	8 Private Class Available	9 Shot Trainer Available	10 Skills Academy Adult Fitness
11	12 Shooting Academy	13 Shot Trainer Available	14 Attack Academy	15 Private Class Available	16 Shot Trainer Available	17 Skills Assessment 10 AM Skills Academy Adult Fitness
18	19 Shooting Academy	20 Shot Trainer Available	21 Attack Academy	22 Holiday Camp	23 Holiday Camp	24 Elevate NEXT Closed
25 Christmas Day	26 Elevate Next Closed	27 Shot Trainer Available	28 Attack Academy	29 Holiday Camp	30 Holiday Camp	31 Elevate NEXT Closed

### 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 as noted above.

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

**3:00 PM EXPERIENCED**  
Skill level of a Varsity starter.

**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.

**4:00 PM POST/PRIVATE**  
High school and college

### 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. All Classes have limited space. (Members also)**

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





### SHOT TRAINER CLASS


**TUESDAY & FRIDAY**  
Starting at 5 PM  
Last Class 8 PM Schedule every 30min

**SATURDAY** Starting at 12:30pm Last class 3:30pm Schedule every 30 min

If you need assistance please call the office at (504) 383-5106.

### FOLLOW US

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**ELEVATE NEXT**  
NO TEAMS. JUST TRAINING.