

# January 2017

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

MONDAY / WEDNESDAY Shooting & Attack Academy	SATURDAY Skills Academy	SATURDAY Adult Fitness	SHOT TRAINER CLASS	FOLLOW US
<p><b>5:30 PM BEGINNER</b> Intro to training. Focus on high reps &amp; fundamentals.</p> <p><b>6:40 PM INTERMEDIATE</b> Builds on Beginner class. Prepares athlete for Experienced class.</p> <p><b>7:45 PM EXPERIENCE</b> Skill level of a Varsity starter.</p>	<p><b>10:00 AM PRIVATE</b> Skill assessment as noted above.</p> <p><b>11:15 AM MINI BIDDY/ YOUNG HOOPER</b> Intro to movements and actions.</p> <p><b>12:30 PM INTERMEDIATE</b> Builds on Beginner class. Prepares athlete for Experienced class.</p>	<p><b>1:45 PM BEGINNER</b> Intro to training. Focus on high reps and fundamentals.</p> <p><b>3:00 PM EXPERIENCED</b> Skill level of a Varsity starter.</p> <p><b>4:00 PM POST/PRIVATE</b> High school and college</p>	<p><b>12:00 - 12:30 PM</b> <b>12:45 - 1:15 PM</b> <b>1:30 - 2:00 PM</b> <b>2:15 - 2:45 PM</b></p> <p><b>Call to reserve your spot. All classes have limited space. (Members also)</b></p> <p><b>Students may be moved to a different class per the instructor's discretion.</b></p>	<p><b>TUESDAY &amp; FRIDAY</b> Starting at 5 PM Last Class 8 PM Schedule every 30min</p> <p><b>SATURDAY</b> Starting at 12:30pm Last class 3:30pm Schedule every 30 min</p> <p>If you need assistance please call the office at (504) 383-5106.</p> <div style="text-align: right;">  <p> <a href="#">/elevate_next</a>  <a href="#">elevate_next</a>  <a href="#">elevate_next</a>  <a href="#">elevatenext</a> </p> </div>