

MEMBER WEEKLY CLASS SCHEDULE (as of July 14, 2025)

Track Training Color indicated next to sessions.

- LEVEL 1 – Little Ballers (Yellow): For 5-7 years olds – Getting ready for Beginner Sessions
- LEVEL 2 – Beginner (Orange): Introduction to Fundamental Basketball Skills, Rules and Terminology
- LEVEL 3 – Intermediate (Green): These are the “How-To” Sessions. Fundamental Skills with movement, Rules and Terminology
- LEVEL 4 – Game Day (Blue): Intermediate to Advanced Players - Game Situational Skills building a players Basketball IQ
- LEVEL 5 – Advanced (Red): Advanced Players – Continuing to Build a players Basketball IQ. Advanced Skills

MONDAY	
GYM 1 4:00 pm – Little Baller – Ball Handling & Basics ● 5:00 pm – Basic Ball Handling & Triple Threat Series ● 6:00 pm – Intermediate Ball Handling ● 7:00 pm – Advanced Skills Training ●	GYM 2 4:00 pm – 5:00 pm – Intermediate Shooting & Scoring ● 6:00 pm – Game Day/Advanced Off the Catch Offense ●● 7:00 pm –
TUESDAY	
GYM 1 4:00 pm – 5:00 pm – Beginner Shooting & Scoring ● 6:00 pm – Intermediate Basketball Basics (Basketball IQ) ● 7:00 pm –	GYM 2 4:00 pm – 5:00 pm – Intermediate Boxing Out/Rebounding ● 6:00 pm – Game Day/Advanced Ball Handling ●● 7:00 pm –
WEDNESDAY	
GYM 1 4:00 pm – 5:00 pm – Beginner Basketball Basics (Basketball IQ) ● 6:00 pm – Intermediate Ball Handling ● 7:00 pm –	GYM 2 4:00 pm – 5:00 pm – Intermediate Shooting & Scoring ● 6:00 pm – Post Player Development ●●●● 7:00 pm –
THURSDAY	
GYM 1 4:00 pm – 5:00 pm – Basic Offensive & Defensive Concepts (Beginner) ● 6:00 pm – Elite Offensive & Defensive Concepts (Intermediate) ● 7:00 pm –	GYM 2 4:00 pm – 5:00 pm – Intermediate Offensive Basketball Skills (Mobility) ● 6:00 pm – Game Day/Advanced Shooting & Scoring0 ●● 7:00 pm –
FRIDAY	
GYM 1 4:00 pm – Little Ballers – Basketball Basics ● 5:00 pm – Beginner Offensive Basketball Skills (Mobility) ● 6:00 pm – Game Day/Advanced Open Gym & Scrimmage ●● 7:00 pm –	GYM 2 4:00 pm – 5:00 pm – Intermediate Open Gym & Scrimmage ● 6:00 pm – Game Day/Advanced Open Gym & Scrimmage ●● 7:00 pm –
SATURDAY	
GYM 1 8:30 am – 9:30 am – Basic Ball Handling & Triple Threat Series ● 10:30 am – Intermediate Basketball Basics (Basketball IQ) ● 11:30 am – GDA Offensive Basketball Skills (Mobility) ●●	GYM 2 8:30 am – 9:30 am – Intermediate Off the Catch Offense ● 10:30 am – Middle School Skills Training ○ 11:30 am –
SUNDAY	
GYM 1 8:30 am – 9:30 am – Beginner Shooting & Scoring ● 10:30 am – Intermediate Offensive Basketball Skills (Mobility) ● 11:30 am – Middle School Skills Training ○	GYM 2 8:30 am – 9:30 am – 10:30 am – 11:30 am –