

## MEMBER WEEKLY CLASS SCHEDULE (Starting May 1, 2021)

Track Training Color indicated next to sessions.

MONDAY	
<b>GYM 1</b> 5:00 pm – Beginner Skills Training ● 6:00 pm – Intermediate Skills Training ● 7:00 pm – Advanced Skills Training ● 8:00 pm – High School Skills Development ○	<b>GYM 2</b> 5:00 pm – Intermediate Ball Handling ● 6:00 pm – Game Day Skills Training ● 7:00 pm – Middle School Skills Development ○ 8:00 pm
TUESDAY	
<b>GYM 1</b> 5:00 pm – Basic Ball Handling ● 6:00 pm – Intermediate Ball Handling ● 7:00 pm – Advanced Handles ● 8:00 pm – <b>Special Program:</b> Master Series (Tuesday/Thursday) *	<b>GYM 2</b> 5:00 pm – Intermediate Skills Training ● 6:00 pm – Game Day Handles ● 7:00 pm 8:00 pm
WEDNESDAY	
<b>GYM 1</b> 4:00 pm – Little Ballers ● 5:00 pm – Beginner Skills Training ● 6:00 pm – Shooting Fundamentals ● 7:00 pm – Game Day Shooting ● 8:00 pm – Advanced Shooting ●	<b>GYM 2</b> 4:00 pm 5:00 pm – Basic Shooting ● 6:00 pm – Game Day Scoring ● 7:00 pm – Advanced Scoring ● 8:00 pm – <b>Special Program:</b> Master Series (Wednesday/Friday) *
THURSDAY	
<b>GYM 1</b> 5:00 pm – Fundamentals of Defense ● 6:00 pm – Intermediate Skills Training ● 7:00 pm – Advanced Skills Training ● 8:00 pm – <b>Special Program:</b> Master Series (Tuesday/Thursday) *	<b>GYM 2</b> 5:00 pm – Defensive Essentials ● 6:00 pm – Game Day Shooting ● 7:00 pm 8:00 pm
FRIDAY	
<b>GYM 1</b> 4:00 pm – Little Ballers ● 5:00 pm – Basic Shooting ● 6:00 pm – Game Day Handles ● 7:00 pm – High School Skills Development ○ 8:00 pm	<b>GYM 2</b> 5:00 pm – Intermediate Ball Handling ● 6:00 pm – Advanced Handles ● 7:00 pm – Middle School Skills Training ○ 8:00 pm – <b>Special Program:</b> Master Series (Wednesday/Friday) *
SATURDAY	
<b>GYM 1</b> 8:30 am 9:30 am – Beginner Skills Training ● 10:30 am – Scoring Basics ● 11:30 am – Game Day Skills Training ● 12:30 pm – Advanced Shooting ● 1:30 pm – High School Skills Development ○	<b>GYM 2</b> 8:30 am – <b>Boot Camp</b> * (1 <sup>st</sup> Hour) 9:30 am – <b>Boot Camp</b> * (2 <sup>nd</sup> Hour) 10:30 am – Active Stretching for Athletes ○ 11:30 am – Middle School Skills Development ○ 12:30 pm 2:00 pm
SUNDAY	
<b>GYM 1</b> 9:30 am 10:30 am – Middle School Skills Development ○ 11:30 am	<b>GYM 2</b> 9:30 am 10:30 am 11:30 am

\* Programs and Special Sessions not included in Membership. Master Series is an 8-session program. Boot Camp is a 4 Week, 2-hour session Program. This Quick Start Program includes Active Stretching, Strength & Conditioning and Basketball Skills.