



MEMBER WEEKLY CLASS SCHEDULE (Starting September 15, 2022)

Track Training Color indicated next to sessions.

MONDAY	
GYM 1 5:00 pm – Beginner Skills Training ● 6:00 pm – Intermediate Skills Training ● 7:00 pm – Advanced Skills Training ● 8:00 pm –	GYM 2 5:00 pm – Intermediate Ball Handling ● 6:00 pm – Game Day Skills Training ● 7:00 pm – 8:00 pm
TUESDAY	
GYM 1 5:00 pm – Basic Ball Handling ● 6:00 pm – Intermediate Ball Handling ● 7:00 pm – Advanced Handles ● 8:00 pm –	GYM 2 5:00 pm – Intermediate Skills Training ● 6:00 pm – Game Day Handles ● 7:00 pm 8:00 pm
WEDNESDAY	
GYM 1 4:00 pm – Little Ballers ● 5:00 pm – Beginner Skills Training ● 6:00 pm – Shooting Fundamentals ● 7:00 pm – Advanced Shooting/Scoring ● 8:00 pm –	GYM 2 4:00 pm 5:00 pm – Basic Shooting ● 6:00 pm – Game Day Shooting/Scoring ● 7:00 pm – 8:00 pm –
THURSDAY	
GYM 1 5:00 pm – Fundamentals of Defense ● 6:00 pm – Intermediate Skills Training ● 7:00 pm – Advanced Skills Training ● 8:00 pm –	GYM 2 5:00 pm – Defensive Essentials ● 6:00 pm – Game Day Shooting ● 7:00 pm 8:00 pm
FRIDAY	
GYM 1 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	GYM 2 5:00 pm – Intermediate Ball Handling ● 6:00 pm – Advanced Handles ● 7:00 pm – Middle School Skills Training ○ 8:00 pm –
SATURDAY	
GYM 1 8:30 am 9:30 am – Beginner Skills Training ● 10:30 am – Game Day Skills Training ● 11:30 am – Advanced Shooting/Scoring ● 12:30 pm – 1:30 pm –	GYM 2 8:30 am – 9:30 am – Scoring Basics ● 10:30 am – Middle School Skills Development ○ 11:30 am – 12:30 pm 2:00 pm
SUNDAY	
GYM 1 9:30 am 10:30 am – Middle School Skills Development ○ 11:30 am	GYM 2 9:30 am 10:30 am 11:30 am