

## WEEKLY MEMBERSHIP SCHEDULE (Starting June 22, 2020)

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 – Game Day Skills Training ● 8:00 pm – Advanced Skills Training ●	<b>GYM 2</b> 5:00 pm – Intermediate Ball Handling ● 6:00 pm – Basic Ball Handling ● 7:00 pm – Middle School Readiness ○ 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>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> 5:00 pm – Little Ballers ● 6:00 pm – Shooting Fundamentals ● 7:00 pm – Game Day Shooting ● 8:00 pm – Advanced Shooting ●	<b>GYM 2</b> 5:00 pm – Basic Shooting ● 6:00 pm – Game Day Scoring ● 7:00 pm – Advanced Scoring ● 8:00 pm –
THURSDAY	
<b>GYM 1</b> 5:00 pm – Fundamentals of Defense ● 6:00 pm – Game Day Shooting ● 7:00 pm – Advanced Skills Training ● 8:00 pm –	<b>GYM 2</b> 5:00 pm – Defensive Essentials ● 6:00 pm – Intermediate Group Session ● 7:00 pm – 8:00 pm –
FRIDAY	
<b>GYM 1</b> 5:00 pm – Little Ballers ● 6:00 pm – Intermediate Ball Handling ● 7:00 pm – Game Day Handles ● 8:00 pm – Advanced Handles ●	<b>GYM 2</b> 5:00 pm – Basic Shooting ● 6:00 pm – Family Workout Session ○ 7:00 pm – Middle School Readiness ○ 8:00 pm –
SATURDAY	
<b>GYM 1</b> 8:30 am 9:30 am – Beginner Skills Training ● 10:30 am – Intermediate Skills Training ● 11:30 am – Game Day Skills Training ● 12:30 pm – Advanced Shooting ● 1:30 pm –	<b>GYM 2</b> 8:30 am – 9:30 am – 10:30 am – Active Stretching for Athletes/Family Workout Session ○ 11:30 am – Middle School Readiness ○ 12:30 pm – 1:30 pm
SUNDAY	
<b>GYM 1</b> 10:30 am – Middle School Readiness ○	<b>GYM 2</b> 10:30 am –