

MODIFIED WEEKLY MEMBERSHIP SCHEDULE (Starting May 18, 2020)

Track Training Color indicated next to sessions.

MONDAY	
GYM 1 5:00 pm – Beginner Group Session ● 6:00 pm – Intermediate Group Session ● 7:00 pm – Game Day Skills Training ● 8:00 pm – Advanced Skills Training ●	GYM 2 *****CLOSED*****
TUESDAY	
GYM 1 5:00 pm – Basic Ball Handling ● 6:00 pm – Intermediate Ball Handling ● 7:00 pm – Game Day Handles ● 8:00 pm – Advanced Handles ●	GYM 2 *****CLOSED*****
WEDNESDAY	
GYM 1 5:00 pm – Basic Shooting ● 6:00 pm – Shooting Fundamentals ● 7:00 pm – Game Day Shooting ● 8:00 pm – Advanced Shooting ●	GYM 2 *****CLOSED*****
THURSDAY	
GYM 1 5:00 pm – Fundamentals of Defense ● 6:00 pm – Defensive Essentials ● 7:00 pm – Game Day Scoring ● 8:00 pm – Advanced Scoring ●	GYM 2 *****CLOSED*****
FRIDAY	
GYM 1 5:00 pm – Basic Ball Handling ● 6:00 pm – Intermediate Ball Handling ● 7:00 pm – Game Day Handles ● 8:00 pm – Advanced Handles ●	GYM 2 *****CLOSED*****
SATURDAY	
GYM 1 9:30 am – Beginner Group Session ● 10:30 am – Intermediate Group Session ● 11:30 am – Game Day Skills Training ● 12:30 pm – Advanced Skills Training ●	GYM 2 *****CLOSED*****
SUNDAY	
GYM 1 *****CLOSED*****	GYM 2 *****CLOSED*****