

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM - 11:00 AM		<b>KILLER KROSSOVER</b> COACH JEY	DRIBBLING   CARDIO   MOBILITY <b>TRIPLE THREAT</b> COACH NATASHA	<b>AB BUSTER</b> COACH ANGELA			
11:00 AM - 12:00 PM	<b>ADVANCE SKILLS</b> COACH JEY	<b>BASIC SKILLS</b> COACHES JUSTINA & NADA	<b>BEGINNER BOUNCE</b> COACH SCOTT	<b>EURO-STYLE</b> COACH NADA	<b>BEGINNER BOUNCE</b> COACH NATASHA	CARDIO DRIBBLING <b>FUSION</b> COACHES JUSTINA & NADA	
1:00 PM - 2:00 PM	<b>'PANTRY' PUMP</b> COACH SCOTT	<b>BEGINNER BOUNCE</b> COACH DAVID	<b>FUNCTIONAL MOVEMENT</b> COACH DAVID	<b>STABILITY &amp; POWER</b> COACH PHIL	<b>FUNCTIONAL MOVEMENT</b> COACH DAVID	<b>BEGINNER BOUNCE</b> COACH ANGELA	<b>STRENGTH &amp; CONDITIONING</b> COACHES NATASHA & NADA
3:00 PM - 4:00 PM		<b>ADVANCED SKILLS</b> COACH PHIL	<b>KID 2 KID</b> MARSHALL & COACH JEY	<b>OPEN ZOOM</b> FREE CLASS	<b>GUESS WHO?</b> SPECIAL GUEST COACHES	<b>ADVANCE SKILLS</b> COACH NATASHA	<b>QUICK DRIBBLE</b> COACH PHIL
5:00 PM - 6:00 PM		SHOOTING <b>SWISHES</b> COACH JEY		<b>ADVANCED SKILLS</b> COACH JUSTINA	<b>KILLER KROSSOVER</b> COACHES NATASHA & JUSTINA	<b>'HARD' CORE</b> COACH DAVID	