



MOMENTUM SKILLS ACADEMY

MSA DAILY SCHEDULE FALL 2013

"A" DAY SCHEDULE - MONDAY & FRIDAY

3pm -4pm	Private Lessons
4pm -5pm	High School Girls
5pm-6pm	High School Boys
6pm-7pm	Dynamic Ball Handling & Attack
7pm-8pm	Middle School boys & girls (separate groups) ** Not offered on Fridays
8pm-9pm	High School boys & girls (separate groups) ** Not offered on Fridays

"B" DAY SCHEDULE - TUESDAY & THURSDAY

3pm -4pm	Private Lessons
4pm -5pm	High School Boys
5pm-6pm	High School Girls
6pm-7pm	Middle School boys & girls
7pm-8pm	High School boys & girls (separate groups)
8pm-9pm	Pro-level Shooting series

SATURDAY SCHEDULE

9am-10am	High School Girls
10am-11am	Offensive Assault
11am-12pm	High School Boys

***Core Strength & Explosion Training sessions will begin 5 minutes after the Middle & High school groups. If you have a Monday night 8pm high school session your CSE session will begin at 7:15.**