

**509 INSANITY BASKETBALL
FALL TRAINING SCHEDULE**

**COME GRIND WITH BEB AND IMPROVE ON ALL ASPECTS
OF YOUR GAME FROM FOOTWORK, BALL HANDLING,
BASKETBALL IQ, AND SHOOTING**

WEDNESDAYS
OCT. 12
OCT. 19
OCT. 26
NOV. 2
NOV. 9 (TBD)
NOV. 16
NOV. 30
DEC. 7
DEC. 14

**OUTLOOK ELEMENTARY SCHOOL
1ST-8TH GRADE
6-7:30PM
MEMBERS \$10/NON-MEMBERS \$13**



**TRAININGS WILL FOCUS ON HIGH INTENSE SKILL
WORK!**



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