

Green – Team Practices
 Black – Training Classes
 Grey – Elite Training
 Red – Gym Rentals

NOVEMBER 2020 GYM SCHEDULE

November training classes start on Monday Nov 2nd

We will be closed Nov 26th & 27th

	Monday Nov 2, 9, 16, 23	Tuesday Nov 3, 10, 17, 24	Wednesday Nov 4, 11, 18, 25	Thursday Nov 5, 12, 19	Friday Nov 6, 13, 20
Court 1	4:00-6:00 6 th Pioneers Ibrahim 5:30-7:30 9 th Pioneers Kofi 5:30-7:30 11 th Pioneers Reece 7:00-9:00 6 th Pioneers Dro 7:00-9:00 8 th Pioneers Kofi	3:30-4:30 Wing Training w/Darrell All Grades 4:30-5:30 PG Training w/Darrel 7th – HS 5:30-7:30 HS Pioneers JOJO 5:30-7:30 HS Pioneers Darrell 7:00-9:00 8 th Pioneers Darrell	4:00-6:00 6 th Pioneers Ibrahim 4:00-6:00 8 th Pioneers Jahleel 5:30-7:30 7 th Pioneers Darrell 5:30-7:30 7 th Pioneers Marcus 7:00-9:00 9 th Pioneers Kofi 7:00-9:00 9 th Pioneers Frankie	4:30-5:30 SH Training w/Darrel 7 th -HS 5:30-7:30 HS Pioneers JOJO 5:30-7:30 HS Pioneers Darrell 7:00-9:00 6 th Pioneers Dro 7:00-9:00 8 th Pioneers Darrell	4:00-6:00 7 th Pioneers Darrell 4:00-6:00 7 th Pioneers Marcus 5:30-7:30 11 th Pioneers Reece 5:30-7:30 8 th Pioneers Jahleel
Court 2	3:00-4:00 SH Training w/Jasen 7th-HS 4:00-5:00 Wing Training w/Jasen 7th-HS 6:00-7:30 9 th /10 th Pioneers Jasen 6:00-8:00 9 th Pioneers Frankie 7:00-9:00 8 th Swish Nirae 7:00-9:00 9 th Swish Kyle	3:00-4:00 PG Training w/Jasen 7th-HS 4:00-5:00 Wing Training w/Jasen 7th-HS 3:30-4:30 SH Training w/Emma 2nd-6 th 4:30-5:30 Wing Training w/Emma 2nd-6 th 4:00-6:00 7 th Pioneers Kyle 6:00-8:00 HS Pioneers Ricky 6:00-8:00 HS Pioneers Kai 7:30-9:00 PSVB Volleyball	4:00-6:00 6 th /7 th Swish Kaliyah 6:00-8:00 8 th Pioneers Kofi 7:00-9:00 8 th Swish Nirae 7:00-9:00 9 th Swish Kyle	3:00-4:00 Wing Training w/Jasen 7th-HS 4:00-5:00 PG Training w/Jasen 7th-HS 3:30-4:30 SH Training w/Emma 2nd-6 th 4:30-5:30 PG Training w/Emma 2nd-6 th 4:00-6:00 7 th Pioneers Kyle 6:00-8:00 HS Pioneers Ricky 6:00-8:00 HS Pioneers Kai 7:30-9:00 PSVB Volleyball	5:00-8:00 Futsal
Mini	3:30-4:30 PG Training w/Darrel All Grades 5:30-6:30 Wing Training w/Darrell All Grades 7:00-7:30 Team Conditioning w/Jerry 7:30-9:00 4/5 Swish Janaya	4:30-6:00 2 nd Pioneers Marcus 6:00-7:00 Wing Training w/Marcus 2nd-6 th	3:00-4:00 SH Training w/ Jasen 7th-HS 4:00-5:00 Wing Training w/Jasen 7th-HS 4:30-5:30 PG Training w/Darrell 7th – HS 7:00-7:30 Team Conditioning w/Jerry 7:30-8:30 SH Training w/Darrell 7th - HS 8:30-9:00 BJ Training 9:00-10:00pm BJ Training 8:30-9:00 BJ Training		3:00-4:00 Wing Training w/Darrell 7th – HS 4:30-6:00 4 th Pioneers Solomon 6:00-8:00 6 th /7 th Swish Kaliyah
Cage	4:30-5:30 SH Training w/Darrell All Grades 6:30-7:30 Level Shooting w/Darrell 4th-HS				
Weight Room					

	Saturday	Sunday
Court 1	10am-12pm HS Swish Hopkins	10am-12pm HS Swish Hopkins
Court 2	9am-12pm Jerry	9am-12pm Jerry
Mini	9am-10am Minime	

For training class descriptions, costs and to register, please visit our website allcityhoops.com.

Interested in joining a team? Fill out our looking for a team form on our website

Covid rules must be followed. Please visit our website for a complete list