

2026

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 7am-9am Ball Handling B.1.1 Cardio B.1.1 12pm-1pm Strength B.1.1	2 7am-9am Shooting B.1.1 Skills B.1.1 12pm-1pm Strength B.1.2	3 7am-9am Ball Handling B.1.2 Shooting B.1.2 Skills B.1.2 12pm-130pm Cardio B.1.2	4 OFF
5 OFF	6 5am-8am Ball Handling 1.1.1 Shooting 1.1.1 Skills 1.1.1 12pm-1pm Strength 1.1.1	7 5am-8am Cardio 1.1.1 Ball Handling 1.1.2 Shooting 1.1.2 12pm-1pm Strength 1.1.2	8 8am-11am Cardio 1.1.2 Ball Handling 1.1.3 Skills 1.1.2	9 6am-8am Ball Handling 1.1.4 Shooting 1.1.3 12pm-1pm Strength 1.1.3	10 5am-8am Cardio 1.1.3 Shooting 1.1.4 Skills 1.1.3 12pm-1pm Strength 1.1.4	11 OFF
12 OFF	13 5am-7am Ball Handling 1.2.1 Shooting 1.2.1 Skills 1.2.1 12pm-1pm Strength 1.2.1	14 5am-8am Cardio 1.2.1 Ball Handling 1.2.2 Shooting 1.2.2 12pm-1pm Strength 1.2.2	15 8am-11am Cardio 1.2.2 Shooting 1.2.3 Skills 1.2.2	16 5am-7:30am Ball Handling 1.2.3 Shooting 1.2.4 12pm-1pm Strength 1.2.3	17 5am-8am Cardio 1.2.3 Ball Handling 1.2.4 Skills 1.2.3 12pm-1pm Strength 1.2.4	18 OFF
19 OFF	20 5am-7am Ball Handling 1.3.1 Shooting 1.3.1 Skills 1.3.1 12pm-1pm Strength 1.3.1	21 5am-8am Cardio 1.3.1 Ball Handling 1.3.2 Shooting 1.3.2 12pm-1pm Strength 1.3.2	22 8am-11am Cardio 1.3.2 Ball Handling 1.3.3 Skills 1.3.2	23 5am-7:30am Ball Handling 1.3.4 Shooting 1.3.3 12pm-1pm Strength 1.3.3	24 5am-8am Cardio 1.3.3 Shooting 1.3.4 Skills 1.3.3 12pm-1pm Strength 1.3.4	25 OFF
26 OFF	27 5am-7am Ball Handling 1.4.1 Shooting 1.4.1 Skills 1.4.1 12pm-1pm Strength 1.4.1	28 5am-8am Cardio 1.4.1 Ball Handling 1.4.2 Shooting 1.4.2 12pm-1pm Strength 1.4.2	29 8am-11am Cardio 1.4.2 Shooting 1.4.3 Skills 1.4.2	30 5am-730am Ball Handling 1.4.3 Shooting 1.4.4 12pm-1pm Strength 1.4.3		