

HILLS HORNETS

HIGH PERFORMANCE CENTRE

BASKETBALL SESSIONS (75 MINS)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM				U16 / 18'S CASTLE HILL	INVITE ONLY CASTLE HILL	
4:15 PM			U12 / U14 BOYS	U12 / U14 GIRLS		

SHOOTING SESSIONS (30 MINS)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	ALL AGES	ALL AGES	ALL AGES			ALL AGES
6:30 AM	ALL AGES	ALL AGES	ALL AGES			ALL AGES
7:00AM	ALL AGES	ALL AGES	ALL AGES			ALL AGES
4:00PM	ALL AGES	ALL AGES				

STRENGTH & CONDITIONING SESSIONS (1 HOUR)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	U16 - U18	U16 - U18	U16 - U18	U16 - U18		
7:00 AM	U12 - U14	U12 - U14	U12 - U14	U12 - U14		
5:00PM	U12 - U14	U12 - U14	U12 - U14	U12 - U14		
6:00PM	U16 - U18	U16 - U18	U16 - U18	U16 - U18		