

ALABAMA BASKETBALL ACADEMY - www.alabamabasketballacademy.com

2012 WINTER TRAINING SCHEDULE - JANUARY 12 - FEBRUARY 23, 2012

12 WORKOUT OPPORTUNITIES

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:00-2:00							PERSONAL TRAINING
2:00-3:00							PERSONAL TRAINING
3:00-4:00							PERSONAL TRAINING
4:00-5:00	PERSONAL TRAINING	PERSONAL TRAINING	TEAM TRAINING (GUNTERSVILLE)	PERSONAL TRAINING			SHOOTING SESSION (\$20 each session)
5:00-6:00							PERSONAL TRAINING
6:00-7:00	ADVANCED BASKETBALL			ADVANCED BASKETBALL			
7:00-8:00	ADVANCED BASKETBALL			ADVANCED BASKETBALL			
8:00-9:00	PERSONAL / SMALL GROUP TRAINING			PERSONAL / SMALL GROUP TRAINING			
<i>as of JANUARY 8, 2012</i>							
CONTACT: COACH SCOTT STAPLER				PERSONAL TRAINING - \$85 PER SESSION			
256.604.0101				SHOOTING SESSION - \$20 PER SESSION			
scott@ababbal.com				SKILL DEVELOPMENT GROUPS - \$295 (12 SESSIONS)			
**Discount for returning ABA players during current school year							