



FALL SEASON 2026 PRACTICE SCHEDULE

MINI BALLERZ 1st/2nd	MON 8/3	MON 8/10	MON 8/17	MON 8/24	MON 8/31	MON 9/7	MON 9/14	MON 9/21	MON 9/28
Lake Nona Middle 6PM-7PM	SIXERS UTAH	SIXERS UTAH	SIXERS UTAH	SIXERS UTAH	SIXERS UTAH	SIXERS UTAH	SIXERS UTAH	SIXERS UTAH	SIXERS UTAH

JR BALLERZ 3rd/4th	WED 8/5	WED 8/12	WED 8/19	WED 8/26	WED 9/2	WED 9/9	WED 9/16	WED 9/23	WED 9/30
Lake Nona Middle 6PM-7PM	NEW YORK TORONTO	CHARLOTTE ROCKETS	NEW YORK TORONTO	CHARLOTTE ROCKETS	NEW YORK TORONTO	CHARLOTTE ROCKETS	NEW YORK TORONTO	CHARLOTTE ROCKETS	NEW YORK TORONTO
Odyssey Middle 6PM-7PM	CHARLOTTE ROCKETS	NEW YORK TORONTO	CHARLOTTE ROCKETS	NEW YORK TORONTO	CHARLOTTE ROCKETS	NEW YORK TORONTO	CHARLOTTE ROCKETS	NEW YORK TORONTO	CHARLOTTE ROCKETS

RISING STARS 5th/6th	WED 8/5	WED 8/12	WED 8/19	WED 8/26	WED 9/2	WED 9/9	WED 9/16	WED 9/23	WED 9/30
Lake Nona Middle 7PM-8PM	76ERS BULLS NEW YORK	RAPTORS CHARLOTTE WOLVES	76ERS BULLS NEW YORK	RAPTORS CHARLOTTE WOLVES	76ERS BULLS NEW YORK	RAPTORS CHARLOTTE WOLVES	76ERS BULLS NEW YORK	RAPTORS CHARLOTTE WOLVES	76ERS BULLS NEW YORK
Odyssey Middle 7PM-8PM	RAPTORS CHARLOTTE WOLVES	76ERS BULLS NEW YORK	RAPTORS CHARLOTTE WOLVES	76ERS BULLS NEW YORK	RAPTORS CHARLOTTE WOLVES	76ERS BULLS NEW YORK	RAPTORS CHARLOTTE WOLVES	76ERS BULLS NEW YORK	RAPTORS CHARLOTTE WOLVES

ALL STARS 7th/8th	WED 8/5	WED 8/12	WED 8/19	WED 8/26	WED 9/2	WED 9/9	WED 9/16	WED 9/23	WED 9/30
Lake Nona Middle 8PM-9PM	PISTONS CHARLOTTE NEW YORK	WARRIORS WOLVES MIAMI	PISTONS CHARLOTTE NEW YORK	WARRIORS WOLVES MIAMI	PISTONS CHARLOTTE NEW YORK	WARRIORS WOLVES MIAMI	PISTONS CHARLOTTE NEW YORK	WARRIORS WOLVES MIAMI	PISTONS CHARLOTTE NEW YORK
Odyssey Middle 8PM-9PM	WARRIORS WOLVES MIAMI	PISTONS CHARLOTTE NEW YORK	WARRIORS WOLVES MIAMI	PISTONS CHARLOTTE NEW YORK	WARRIORS WOLVES MIAMI	PISTONS CHARLOTTE NEW YORK	WARRIORS WOLVES MIAMI	PISTONS CHARLOTTE NEW YORK	WARRIORS WOLVES MIAMI

HS HOOPERS 9th/12th	MON 8/3	MON 8/10	MON 8/17	MON 8/24	MON 8/31	MON 9/7	MON 9/14	MON 9/21	MON 9/28
Lake Nona Middle 7PM-8PM	MAVS OKLAHOMA	MAVS OKLAHOMA	MAVS OKLAHOMA	MAVS OKLAHOMA	MAVS OKLAHOMA	MAVS OKLAHOMA	MAVS OKLAHOMA	MAVS OKLAHOMA	MAVS OKLAHOMA
Lake Nona Middle 8PM-9PM	LOS ANGELES SPURS	LOS ANGELES SPURS	LOS ANGELES SPURS	LOS ANGELES SPURS	LOS ANGELES SPURS	LOS ANGELES SPURS	LOS ANGELES SPURS	LOS ANGELES SPURS	LOS ANGELES SPURS

*CURRENT DATES SUBJECT TO CHANGE BASED ON GYM AVAILABILITY AND CANCELLATIONS.