July Gym Schedule

Red-team practice, Black-training, Blue-weight room/training cage

Pacific Courts- 7003 132nd PL SE, Newcastle, 98059

Court 1	Court 2	Weight room/ training cage
Monday 7:30-8:30- Fuego 5 th team practice - Fuego 6 th team practice 8:30-9:30- Fuego 8 th team practice	7:30-8:30- Training class- (grades 4-8) Coach Rodney 8:30- Reserved for PSBL	7:30-8:30- basketball agility and strength (grades 2-7) *must register, 16 student limit
		8:30-9:30- mass and strength (grades 7-HS) *must register, 16 student limit
Tuesday 9:30-10:30 – Fuego 2 nd Team practice	7:30-8:30 Fuego U15 team practice	
7:30-8:30- Training class- Kenan Oliver (grades 2-6) 7:30-8:30- Fuego 7 th team practice	7:30-8:30 Fuego 11U team practice	
8:30-9:30- Fuego Varsity HS team practice	8:30- PSBL Rental	
Wednesday	7:30-8:30- Training class- Kenan Oliver (grades 4-6)	Available for private and semi-private training
	8:30-9:30- Training class- Kenan Oliver (grades 7-HS)	
Thursday 9:30-10:30 – Fuego 2 nd Team practice 7:30-830- Fuego 15U Team practice 7:30-8:30- Fuego 11U practice	7:30-8:30- Training class- Kenan Oliver and Reggie Clinton (grades 2-6) 8:30-9:30 Training class- Kenan Oliver (Grades 7-12)	7:30-8:30- basketball strength and agility grades 4-8 *must register, 8 student limit

Friday 7:30-8:30- Fuego 5th team practice - Fuego 6th team practice 8:30-9:30- Fuego 8th team practice - Fuego HS team practice	7:30-8:30- Training class- (grades 8-HS) 7:30-8:30- Fuego 7th team practice	No class- Available for private and semi-private training
Saturday 10am-11am K-3 class (must sign up- extra fees apply)		Time TBD- Each Saturday Vertimax Vertical Increase Class w/ Kenan Oliver (email to sign up, extra fees apply)

Hidden Valley B&G Club- 1903 112th Ave NE, Bellevue, 98004

<u>Monday</u>	<u>Tuesday</u>	Wednesday 4:00-5:00- Fuego 4 th team practice	Thursday	Friday 4:00-5:00- Fuego 4 th team practice

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