

## June Gym Schedule

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

Pacific Courts- 7003 132<sup>nd</sup> PL SE, Newcastle, 98059

Court 1	Court 2	Weight room/ training cage
<p><b><u>Monday</u></b>                      7:30-8:30- Fuego 5<sup>th</sup> team practice                                    - Fuego 6<sup>th</sup> team practice                       8:30-9:30- Fuego 8<sup>th</sup> team practice</p>	<p>7:30-8:30- Training class-                      (grades 4-8) Coach Rodney                       8:30- Reserved for PSBL</p>	<p>7:30-8:30- basketball                      agility and strength                      (grades 2-7)  <i>*must register, 16 student                      limit</i>                       8:30-9:30- mass and                      strength                      (grades 7-HS)  <i>*must register, 16 student                      limit</i></p>
<p><b><u>Tuesday</u></b>                      7:30-8:30- Training class-                      Kenan Oliver (grades 2-6)                       7:30-8:30- Fuego 7<sup>th</sup> team practice                       8:30-9:30- Fuego Varsity HS team                      practice</p>	<p>7:30-8:30 Fuego U15 team                      practice                       7:30-8:30 Fuego 11U team                      practice                       8:30- PSBL Rental</p>	<p>7:30-8:30- vertical                      increase class                      (grades 8-HS)  <i>*must register, 8 student                      limit</i></p>
<p><b><u>Wednesday</u></b></p>	<p>7:30-8:30- Training class-                      Kenan Oliver (grades 4-6)                       8:30-9:30- Training class-                      Kenan Oliver (grades 7-HS)</p>	<p>Available for private and                      semi-private training</p>
<p><b><u>Thursday</u></b>                       7:30-8:30- Fuego 15U Team                      practice                       7:30-8:30- Fuego 11U practice</p>	<p>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)</p>	<p>7:30-8:30- basketball                      strength and agility grades                      4-8  <i>*must register, 8 student                      limit</i></p>
<p><b><u>Friday</u></b>                      7:30-8:30- Fuego 5th team practice</p>	<p>7:30-8:30- Training class-</p>	<p>No class- Available for</p>

- Fuego 6th team practice 8:30-9:30- Fuego 8th team practice - Fuego HS team practice	(grades 8-HS) 7:30-8:30- Fuego 7th team practice	private and semi-private training
<b>Saturday</b> 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 112<sup>th</sup> Ave NE, Bellevue, 98004**

<b><u>Monday</u></b>	<b><u>Tuesday</u></b> 3:00-4:30- Fuego 2 <sup>nd</sup> team practice  4-5 Fuego 1/2 team practice	<b><u>Wednesday</u></b> 4:00-5:00- Fuego 4 <sup>th</sup> team practice	<b><u>Thursday</u></b> 3:00-4:30- Fuego 2 <sup>nd</sup> team practice  4-5 Fuego 1/2 team practice	<b><u>Friday</u></b> 4:00-5:00- Fuego 4 <sup>th</sup> team practice
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**Chinook Middle School- 2001 98<sup>th</sup> Ave NE, Bellevue, 98004**

<b><u>Wednesday</u></b> 5:00-6:00 Training Class (all ages) Kenan Oliver 6:00-7:00 Training Class (all ages) Kenan Oliver	<b><u>Friday</u></b> 5:00-6:00 Training Class- Deion Stell/ Reggie R 6:00-7:00 Training Class- Reggie Clinton
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