

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
<p><u>Monday</u> 7:30-8:30- Fuego 5th team practice - Fuego 6th team practice 8:30-9:30- Fuego 8th 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><u>Tuesday</u> 9:30-10:30 – Fuego 2nd Team practice 7:30-8:30- Training class- Kenan Oliver (grades 2-6) 7:30-8:30- Fuego 7th 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><u>Wednesday</u></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><u>Thursday</u> 9:30-10:30 – Fuego 2nd Team practice 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><u>Friday</u></p>	<p>7:30-8:30- Training class- (grades 8-HS)</p>	

7:30-8:30- Fuego 7th team practice

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

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

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