

September 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 6th team practice 7:30-8:30 Training class- Rodney Delgado (grades 2-5) 8:30-9:30 Training class- Kenan Oliver (grades 6-12)</p>	<p>7:30-8:30- Fuego 7th team practice Fuego 8th team practice PSBL</p>	<p>7:30-8:30- basketball agility and strength (grades 2-7) <i>*must register, 16 student limit</i></p>
<p><u>Tuesday</u> 7:30-8:30- Fuego High School Prep team practice 8:30 reserved for PSBL</p>	<p>7:30-8:30 Fuego 6th- Stell team practice 8-10pm ½ court private rental 8:30-9:30 Training class Kenan Oliver (grades 7 and higher)</p>	
<p><u>Wednesday</u> Swish Black 2019 team practice</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>7:30-8:30- basketball strength and agility grades 6-12 <i>*must register, 8 student limit</i></p>
<p><u>Thursday</u> 7:30-8:30- Fuego 7th team practice -Fuego 8th team practice</p>	<p>7:30-8:30- East Seattle 4th grade team practice 8:30-9:30- Training class- Kenan Oliver (grades 7-12)</p>	<p>7:30-8:30 Shooting class Must register for this one due to limited space in cage (grades 3-6)</p>
<p><u>Friday</u> 4-5pm- Training class- Deion Stell (grades 2-6) 5-6pm 5th grade Fuego Clinton team practice 5-6pm 3rd grade Fuego team practice 7:30-8:30- 6th grade Fuego team practice</p>	<p>5-6pm 2nd grade Fuego team practice 6-7 6th grade Fuego- Stell team practice 6-7 Training class Reggie Clinton (grades 2-6)</p>	<p>8:30-9:30 Vertical increase class with Kenan Oliver, extra fees apply, first 5 sign-ups will be accepted.</p>

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

<u>Monday</u>	<u>Tuesday</u> 4:00-5:15- Fuego 5 th Clinton team practice	<u>Wednesday</u> 4:00-5:00- Fuego 3rd team practice 4:00-5:15- Fuego 2 nd team practice	<u>Thursday</u>	<u>Friday</u>
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Mercer Island Community Center – 8236 SE 24th st. Mercer Island

<u>Monday</u>	<u>Tuesday</u> 5:30-6:30- Training class- Kenan Oliver (3 rd - 7 th grades)	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
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We have training class space from Bellevue School

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