

MARCH GYM SCHEDULE

PACIFIC COURTS - 7003 132nd PI SE, NEWCASTLE, WA 98059

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COURT 1	4:30-6 Elite Training - Mo Hines	4:30-5:30 Skills Training - Reggie (grades 3-7)	4:30-6 Elite Training - Mo Hines	4-5:00 Ball Handling - (grades 3-8)		10-11am K-3 Training (extra fees apply)*
				4:30-6 TOH 4 th League Practice	5-6:00 Fuego 6 th Stell Practice	11-12pm TOH 1 st Practice
				5-6:00 Fuego U16 Practice	5-6:30 TOH 5 th White Practice	
	6-7:30 TOH 5th Practice	6-7:00 Fuego 3 rd Practice	6-7:30 Team Training TOH & ELH 5 th	6-8:00 Fuego 9 th KO & Davis Practice	6:30-7:30 Fuego 8 th Practice	
	7:30-8:30 Fuego 6th Practice	7-8:00 Fuego 8th Practice	7:30-8:30 Training - Kenan (all ages)		7:30-8:30 Fuego 6 th Practice	
8:30-9:30 Training - Kenan (grades 6-12)	8-9:00 HS Fuego U16 Practice	8:30-9:30 Fuego U17 Practice	PSBL RENTAL	8:30-9:30 Fuego U17 Practice		
COURT 2	4:30-6 ELH Boys Practice	4:30-6 Elite Training - Mo Hines	3:30-4:30 Shooting Gun Training*		4-5:30 Elite Training - Mo Hines	
	6-7:00 TOH 2nd/3rd Practice	6-7 Fuego 4 th AU Practice	4:30-5:30 Perimeter/Attacking - Regi (grades 6-9)	5-6:00 Fuego 5 th Clinton Practice	5-6:30 TOH 7 th White Practice	
	6-7:00 Fuego 1st/2nd Practice	6-7:30 TOH U15 Practice	4:30-5:30 Fuego 6 th Stell Practice	5:30-7:00 TOH 2026 Practice	5:30-7 TOH 7 th Red Practice	
	7:00-8:30 TOH 6th Practice	7-830 Fuego 7 th AU Practice	5:30-7 TOH 2022 Red Practice	6-7:30 TOH 2022 Nolen Practice	6:30-7:30 Fuego 4 th AU Practice	
		7:30-8:30 Fuego 7 th Davis Practice	6:30-8 TOH U16 Practice		7:30-8:30 Fuego 7 th Practice	
	8:30-9:30 Training - Kenan (grades 6-12)	8-10 PSBL Men's League	7:30-9:30 Volleyball	8:30 TOH U17 Practice		
WEIGHT ROOM/ TRAINING CAGE	5:30-6:30 Ball Handling (grades 1-5)*		5:30-6:30 Skills Training - Deion*	5-6:00 Shooting - Kenan (grades 8-11)*	5:30-6:30 Ball Handling - Ayiende (grades 4-7)*	
		6-7 Shooting - Deon (grades 6-8)*		6-7 All Skills Ayiende (grades 5-8)*		Private Training & Vertimax Training - Kenan (extra fees apply)*
	6:30-7:30 Ball Handling (grades 6-8)*			7-8 Strength & Agility - Sarah (grades 4-6)*		

7:30-8:30 Shooting Training (grades 8-12)*	7-8 Skills Training - Rodney (grades 2-6)*	7:30-9 Elite Training - Mo Hines	8-9 Strength & Agility - Sarah (grades 7-11)*	
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*must register, limited space BLACK=Training, RED=Team Practice

*If attending a class in the cage or weight room, please email pacific.courts@gmail.com to confirm there is space available

HIDDEN VALLEY BOYS & GIRLS CLUB - 1903 112th AVE NE, BELLEVUE, WA 98004						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		4-5:15 Fuego 5 th Clinton Practice				

MERCER ISLAND COMMUNITY CENTER - 8236 SE 24th ST, MERCER ISLAND						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		4:30-5:30 Training - Kenan (grades 2-7)				

MERCER ISLAND PRESBYTERIAN CHURCH - 3605 84th AVE SE, MERCER ISLAND						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5-6:30pm Fuego 5 th KO Practice				4-5:30 Training - KO (all ages)	
					5:30-7 Fuego 5th KO Practice	

SPIRITRIDGE ELEMENTARY - 16401 SE 24th ST, BELLEVUE, WA 98008						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:30-7:30 Training - Kenan (grades 2-4)				