

y8you 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 - Greg	4:30-6 Elite Training - Mo Hines	4-5:00 Ball Handling - Kenan (grades 3-8)	4- 5 skills training Reggie all ages	10-11am K-3 Training (extra fees apply)*
		5-6 Fuego 5th Davis Practice		4:30-6 TOH 4th League Practice	5-6:00 Fuego 6th Smith Practice	11-12pm TOH 1st Practice
		6-7 Post footwork training - Kenan		5-6:00 Fuego 5th Davis	5-6:30 TOH 5th White Practice	
	6-7:30 TOH 5th Practice	6-7:00 Fuego 3rd Practice	6-7:30 Team Training TOH & ELH 5th	6-8:00 Fuego 9th KO & Davis Practice	6:30-7:30 Fuego 8th 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 6th Practice	
8:30-9:30 Training - Kenan (grades 6-12)	8-9:00 HS Fuego U16 Practice	8:30 PSBL Rental	PSBL Rental	8:30-9:30 Fuego U16 practice		
COURT 2	4:30-6 RC Boys Practice	4:30-6 Elite Training - Mo Hines		4pm private lessons, email for details	4-5:30 Elite Training Mo Hines	
	6-7:00 TOH 2nd/3rd Practice	6-7 Fuego 4th AU Practice	4:30-5:30 Perimeter/Attacking - Regi (grades 6-9)	5-6:00 Fuego 5th Clinton Practice	5-6:30 TOH 7th White Practice	
	6-7:00 Fuego 1st/2nd Practice	6-7:30 TOH U15 Practice	4:30-5:30 Fuego 6th Smith Practice	5:30-7:00 TOH 2026 Practice	5:30-7 TOH 7th Red Practice	
	7:00-8:30 TOH 6th Practice	7:30-8:30 Fuego 7th AU Practice	5:30-7 TOH 2022 Red Practice	6-7:30 TOH 2022 Nolen Practice	6:30-7:30 Fuego 3rd and 4th Practice	
		7-8 Fuego 7th Nolen Practice	6:30-8 TOH U16 Practice		7:30-8:30 Fuego 7th 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) * Keith	5-6 Defense class*	5:30-6:30 Skills Training - Eric*	5-6:00 Shooting - Kenan (grades 8-11)*	5:30-6:30 Ball Handling - Ayiende (grades 4-7)*	Private Training & Vertimax Training - Kenan (extra fees apply)*
	6:30-7:30 Ball Handling (grades 6-8) *	6-7 Shooting - Keith (grades 4-7)*	6:30-7:30 Skills training 2nd-4th grade Kenan Oliver	6-7 All Skills Ayiende grades 5-8	6:30-7:30 grades 6-10 All skills Reggie	

TRAINING CAGE	7:30-8:30 Shooting Training (grades 8-12) *	7-8 Skills Training - Rodney (grades 6-10)*	7:30-9 Elite Training - Mo Hines	7-8:00 Strength & Agility - Sarah (grades 4-6)* 8-9 Strength and Agility grades 7-11		kenan (extra fees apply)*
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**must register, limited space BLACK=Training, RED=Team Practice*

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

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

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