

# SEPTEMBER GYM SCHEDULE

PACIFIC COURTS - 7003 132nd PI SE, NEWCASTLE, WA 98059							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>COURT 1</b>	4:30-6 Elite Training - Mo Hines- Point Guard	430-6 Elite Training Mo Hines- Shooting Training	4:30-6 Elite Training-GUARD - Mo Hines	4-5:00 Ball Handling - Deon (all ages)	4:30-6 Elite Training w/ Mo Hines- Perimeter	10-11am K-3 Training (extra fees apply)*	
	6-7:30 Rain City boys 6th Practice	6-730 TOH-P 7th White team practice	6-7 Fuego 7th Davis practice	4:30-5:30 Fuego 6th Clinton Practice	6-7:30 TOH-P 5th Nike Practice		
	6-7:30 TOH 6th Nike Practice	6-7 Fuego 5th AU practice		530-7 High School Prep Training Class	6-7 6th Fuego KO Practice		
	7:30-8:30 Fuego 7th KO	730-830 POST class and footwork with Kenan (All ages)	6-7 Team Training TOH & RC 6th Private class	6-8:00 Fuego 9th KO & Davis Practice		7:30-8:30 Fuego 7th KO Practice	
	8:30-9:30 Training - Kenan (grades 6-12)		7-9 Fuego 8th Practice	7:30-8:30 Training - Kenan (all ages)		8:30-9:30 Training w/ Kenan (All ages)	
			8:30 PSBL RENTAL				
<b>COURT 2</b>	4:30-6 Fuego 6th KO	430-6 TOH-P 5th Select Practice	Available for private training		430-530 shooting training w/ Keith (all ages)		
	5-6 TOH-P 4th Grade Practice	430-530 - Skills Training- Kenan (grades 2-5)	5-6 Fuego 1st/2nd Red team practice	5-6:00 Fuego 6th Bradford	5-6 Fuego 7th Davis Practice		
	6-7:00 Fuego 1st/2nd and 3rd Practice	530- 7 High School Prep Trining Class	5-6 Fuego 6th Bradford	6-7 Fuego 5th AU Practice	5-6 TOH-P 1/2 Nike Practice		
	7-8:30 - TOH U15 and U17 practice		6- 7 Fuego 1st/2nd black team practice	6-7:30 Fuego 4th Practice	6-8 th TOH-P Nike Practice		
	PSBL Men's league	8pm PSBL Rental	6-730 TOH-P 6th Select practice		6-8 8th TOH-P Nike Practice		
		7-8:30 TOH-P 8th Select practice	7:30-9:30 Volleyball				
<b>WEIGHT ROOM/ TRAINING</b>	5:30-6:30 Sarah Soccer Class	5-6 Ball Handling- Ayinde (grades 4-7)	5:30-6:30 Shooting- Kenan (grades 5-8)	5-6:00 Shooting - Ayinde (grades 4-7)	5:30-6:30 Ball Handling - Ayiende (grades 1-4)*	Private Training & Vertimax Training - Kenan (extra fees apply)*	
	6:30-7:30 Ball Handling (grades 6-8) *		630- 730 Grades 1-4 Skills training w/ Kenan	6-7 Strength and Conditioning (all ages)	6:30-730 ball handling w/Ayinde (grades 5-9)		

<b>CAGE</b>	7:30-8:30 Shooting Training (grades 8-12)*	7-8 Skills Training - Rodney (grades 2-6)*	7:30-9 Elite Training - Mo Hines	7-8:00 Skills - Ayinde (grades 4-8)	730-830 Defense Training- w/Keith (all ages)	apply
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*\*must register, limited space BLACK=Training, RED=Team Practice*

<b>HIDDEN VALLEY BOYS &amp; GIRLS CLUB - 1903 112th AVE NE, BELLEVUE, WA 98004</b>						
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
		4-5:30 Fuego 6th Clinton Practice				

<b>MERCER ISLAND PRESBYTERIAN CHURCH - 3605 84th AVE SE, MERCER ISLAND</b>						
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
				5:30-7 East Seattle 4th practice		
				7-8 skills training- Kenan (all ages)		