

JANUARY 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- 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				
	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			
	8:30-9:30 Training - Kenan (grades 6-12)	7-9 Fuego 8th Practice	7:30-8:30 Training - Deon (all ages)		7:30-8:30 Fuego 7th KO Practice	
		8:30 PSBL RENTAL	7PM PSBL Rental	8:30-9:30 Training w/ Kenan (All ages)		
COURT 2	4:30-6 Fuego 6th KO	430-6 TOH-P 5th Select Practice	Available for private training			
	5-6 TOH-P 4th Grade Practice	430-530 - Skills Training- Kenan (grades 1-5)	5-6 Fuego 1st/2nd Red team practice	430-6 TOH-P Nike 7th and 8th team practice	5-6 Fuego 7th Davis Practice	
	6-7:00 Fuego 1st/2nd and 3rd Practice		5-6 Fuego 3rd Red-team practice	6-7 Fuego 5th AU Practice	5-6 TOH-P 1/2 Nike Practice	
			6- 7 Fuego 1st/2nd black team practice	6-7:30 Fuego 4th Practice		
	PSBL Rental	8pm PSBL Rental	6-730 TOH-P 6th Select practice		6-7 6th Fuego KO Practice	
		7-8:30 TOH-P 8th Select practice	7:30-9:30 Volleyball			
WEIGHT ROOM/ TRAINING CAGE	5:30-6:30 Sarah Soccer Class	5-6 Ball Handling- Ayinde (grades 4-7)		5-6:00 Shooting - Ayinde (grades 4-7)	5:30-6:30 Ball Handling - Ayinde (grades 1-4)*	Private Training & Vertimax Training - Kenan (extra fees apply)*
	6:30-7:30 Ball Handling (grades 6-8) * Kenan	6-7 Shooting class grades 6-8 - Kenan	630- 730 Grades 1-4 Skills training w/ Ayinde	6-7 Strength and Conditioning (all ages)	6:30-730 ball handling w/Ayinde (grades 5-9)	
	7:30-8:30 Shooting Training (grades 8-12) * Ayinde	7-8 Skills Training - Rodney (grades 2-6)*		7-8:00 Skills - Ayinde (grades 4-8)	730-830 Shooting Training- w/Keith (all ages)	

**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
		4-5:30 Fuego 6th Clinton Practice				