

FEBRUARY 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	5:30-6:30 Fuego 6th Clinton Practice	6-7:30 TOH-P 5th Nike Practice	
		6-7 Fuego 5th AU practice		430-530 All skills grades 1-5 w/ Kenan		
	6-7:30 TOH 6th Nike Practice		6-7 Team Training TOH & RC 6th Private class	6-7 All skills grades 5-8 w/ kenan		
	7:30-8:30 Fuego 7th KO	7-9 Fuego 8th Practice	7:30-8:30 Training - Deon (all ages)		7:30-8:30 Fuego 7th KO Practice	
	8:30-9:30 Training - Kenan (grades 6-12)		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- Deon (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	
		7-8 Agility and Conditioning w/ Vic	6- 7 Fuego 1st/2nd black team practice	6-7:30 Fuego 4th Practice		
	PSBL Rental	gfvtrg	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		5-6 Ball Handling- Ayinde (grades 4-7)	530-630 Grades 5-8 shooting w/ Ayinde	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)
	6:30-7:30 Ball Handling (grades 6-8) * Kenan	6-7 Shooting class grades 6-8 - Marcus	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)	

CAGE	7:30-8:30 Shooting Training (grades 8-12) * Ayinde	7-8 Skills Training - Rodney (grades 2-6)*		730-830 POST class and footwork with Kenan (All ages)	730-830 Shooting Training- w/Keith (all ages)	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
		4-5:30 Fuego 6th Clinton Practice				

