

JULY GYM SCHEDULE

PACIFIC COURTS - 7003 132nd PI SE, NEWCASTLE, WA 98059						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COURT 1		Available time for private training (contact Cindi)		4-5:00 Ball Handling - Deon (all ages)		10-11am K-3 Training (extra fees apply)*
	6-7:30 Rain City boys 6th Practice	530-630 5th Fuego Practice	PRIVATE RENTAL			
		6-7 Fuego 3rd Black		6-7 Post class-Kenan (gr 6-11)	6-8 TOH 2023 and 2024 Nike Practices	
	6-7:30 TOH 6th Nike Practice	630-830 8th Fuego	730-9 TOH 8th white practice			
	7:30-8:30 Fuego 7th KO	830 PSBL Rental	730-830 All-skills (gr 5-8) Chris G	7-9 Fuego 9th and Fuego HS	8-930- Pacific U17 Practice	
	830 PSBL Rental		9 PSBL RENTAL			
COURT 2	4:30-6 Fuego 6th KO	430-6 Fuego 2nd Black practice	5-6 Ball handling w/Kenan (all ages)	5-6 All skills Kenan (gr 3-9)	4-5 Fuego 4th Team Training	
	5-630 TOH-P 2027 Practice	6-7 Fuego 7th Gweth Practice	5-630 TOH 5th Raban Practice	6-7 5th Fuego Practice		
	6-7:30- Fuego 3rd practice	6-7 Fuego 2/3 red practice	6-730 TOH 6th White practice	6-730 Fuego 4th Practice	5-6 TOH-P 1/2 Nike Practice	
	630-8 TOH 7th white practice	7-830 Pacific 9/10 practice	630-730 East Seattle 4th practice	730-9 Pacific 15's Nolen and Smith	6-730 TOH 2026 Nike Practice	
	730-9 Pacific 2022 practice	830 PSBL Rental	730 PSBL Rental	7-8 ALL SKILLS with Kenan - All ages	6-7 6th Fuego KO Practice	
WEIGHT ROOM/ TRAINING CAGE	5-6 shooting (grades 1-5)* Eric	5-6 Ball Handling*- grades 4-7- Eric	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 apply)*
	6:30-7:30 Ball Handling (grades 6-8) * Kenan	6-7 Shooting class* grades 8-11 - Eric	630- 730 Grades 1-4 Skills training w/ Ayinde	Vice/AMPT Athletics strength and conditioning- must register	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 shooting (gr 2-6)* Deon	730-830 Shooting Training- w/Keith (all ages)	

ELITE TRAINING WITH MO HINES CLASSES

July 15th 430-6

July 16th 2pm-330

July 17th 430-6, 6-730

July 18th 2pm-330

July 19th 430-6

July 26th 430-6

July 29th 430-6

July 30th 2pm-330

July 31st 430-6 and 6-730

black= Training Red= Team Practice Blue= Private Rentals