

SEPTEMBER GYM SCHEDULE

CLASSES AND PRACTICES START THURSDAY 9/5

PACIFIC COURTS - 7003 132nd Pl SE, NEWCASTLE, WA 98059

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
COURT 1	4:30-6 TOH 4th - 2028 team practice	430-6 Elite Training with Mo Hines	430-6 Elite Training with Mo Hines	430-6 Elite Training with Mo Hines	430-6 2025 Team Jewel Lloyd Practice	10-11am K-3 Training (extra fees apply)*	
	6-730 Forwards and Footwork-Elite Training with Kenan Oliver		6-730 Elite Training with Mo Hines		430-6 TOH 2025 Burns Team Practice		
		630-830 Pacific High School Girls Team Practice			6-730 TOH 2026 White Team Practice	6-8 TOH 2024 Team Jewel Lloyd Practice	
						6-8 TOH 2023 Team Jewel Lloyd Practice	
	7:30-8:30 Fuego 8th (2024) KO	830 PSBL Rental			6-730 TOH 2029 3rd Team Practice	8-9 High School Prep Clinic- Scrimmages	
830 PSBL Rental			730 PSBL RENTAL	730 PSBL RENTAL			
COURT 2	430-530 All Skills All Ages (Deon)	430-530 All Skills All Ages (Eric)		430-6 Fuego 3rd Black (2029) Team Practice	430-530 Fuego 3rd L...d (2029) Team Practice		
	530-630 All Skills All Ages (Deon)	530-630 2nd Fuego (2030) Team Practice	530-630 Fuego 2024 Gweth Team Practice	430-6 TOH 2027 Team Practice	530-730 Fuego 2025 Smith Team Practice		
	6-8 Fuego 6th Team Practice	530-630 Fuego 4th Team Practice (2028)	5-630 TOH 2024 Raban Team Practice	6-7 Fuego 4th 2028 Practice	530-730 Fuego 2025 Ubaka Team Practice		
	630-8 TOH 6th 2026 Nike Practice	630-730 Ball Handling (Ayinde) grades 4-8	630-8 TOH 2024 White Team Practice	6-730 Fuego 5th (2027) Team Practice	730-830 Fuego 2024 KO Team Practice		
	8-9 Shooting and attack moves (Keith) Grades 6-11		630-8 TOH 2025 White Team Practice	6-7 Post Class (Kenan) grades 5th-8th IN CAGE!	730-830 Fuego 2024 Gweth Team Practice		
		VICE/AMPT Athletics speed and strength*	8pm PSBL Rental	730-9 High School Fuego Team Practices			
WEIGHT ROOM/ TRAINING CAGE		530-630- shooting (Eric) grades 4-6	530-630 Grades 5-8 shooting w/ Ayinde	5-6:00 Shooting - Kenan (grades 4-7)		Private Training & Vertimax Training - Kenan (extra fees apply)*	
	530-630 Ball Handling (Eric) Grades 1-5	630-730 All Skills (Rodney) grades 1-5	630- 730 Grades 1-4 Skills training w/ Ayinde	6-7 Vice/AMPT Athletics strength and conditioning- must register	630-730 Ball Handling (Deon) grades 2-5		
	630-730 Ball Handling (Eric) Grades 6-9	730-830 Shooting (Ayinde) grades 7-10	730-9 High School Prep Clinic - Registration Required	7-8 ALL SKILLS with Kenan - Grades 5-8	730-830 Ball Handling (Ayinde) grades 6-10		

*black= Training Red= Team Practice Blue= Private Rentals * =email for additional registration details*