

September Gym Schedule

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COURT 1	3-4pm (Kenan) 4-530 TOH 2027 Nike Team Practice 6-730 TOH Nike Jewel LLOYD Team practice 730-9 Fuego 2024 Fuego KO Team practice	4-530 Marisa TOH 4/5 practice 530-7 Pacific 2022 Team practice 7-830 TOH 2024 White-Wasberg team practice 830- Fuego HS Mitchell Practice	12:30-2pm (Marisa-Liberty) 2-3:30pm (Marisa-Liberty) 4-530 Fuego 2025 Smith team practice 530-7 TOH 2026 White-Raban- team practice 7-830 Elite Training (Mo)	430-6 Fuego 2029 team practice 6-730 Fuego 2026 practice 730-9 High School Training ONLY (Deon)	330-430pm (Keith) 430-6 TOH 2025 Ross 6-730 TOH 2025 Elite 7:30-9 Pacific U17 Practice	9-10am (Antwon) 10-11am (Antwon) 11am-12pm (Kenan) 1-230 Fuego 2024 Gweth	12-1pm (Kenan) 430-6pm East Seattle
	4-530 2030 Fuego 530-7 Fuego 2028 Team practice 7-830 TOH 2026 Jones Team practice 830 Fuego U16 Jones	4-530 Marisa TOH High school Liberty 530-7 TOH 2025 Red team practice 7-830 Elite training w Mo Hines 830-on TOH HS	12:30-2pm Marisa Liberty 2-3:30pm Marisa Liberty 430-530 Fuego KE 530-7 TOH 2027 Ballena team practice 7-8 grades 6-10 all skills coach Kenan 8-9 Training- attack moves (Kenan)	330-430 shooting (Deon) 430-530 ball handling (Kenan) 530-7 TOH 2028 Team practice 7-830 Elite training w Mo Hines 830-on TOH HS	430-6pm Elite Training (Mo) 6-730 Mo 2025 Team Lloyd practice 730-9 Mo TOH 2024 practice	Private Training* (extra fees apply)	3-5 Martial Arts 5-6:30pm 2025 ITP (Marisa)
WEIGHT ROOM/ TRAINING CAGE	330-430 training- Deon 430-530 Training - all skills - Keith 540-640 training- Deon 730-830 Training all skills- Keith	430-530 Training all skills Keith 530-7 Elite training with Mo Hines	1-2pm Deon 2:15-3:15pm Deon 430-530 coach Deon shooting- grades 2-6 545-645 Deon shooting grades 7-11 7-8 Deon shooting All ages	330-430 keith 430-530 shooting keith 530-7 Elite training with Mo Hines	330-430 training - Antwon 430-530 shooting (Keith) 545-645 ball handling (Keith)	Private Training & Vertimax Training - Kenan (extra fees apply)*	

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