

November 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 Marisa TOH 4/5 practice	12:30-2pm (Marisa-Liberty)	430-6 Fuego 2029 team practice	330-430pm (Keith)	9-10am (Eric)	12-1pm (Kenan)
	4-530 TOH 2027 Nike Team Practice	530-7 Pacific 2022 Team practice	2-3:30pm (Marisa-Liberty)	6-730 Fuego 2026 practice	430-6 TOH 2025 Ross	10-11am (Eric)	3-430 Post Clinic
	530-7TOH Nike Jewel Lloyd Team practice	7-830 TOH 2024 White-Wasberg team practice	4-530 Fuego 2025 Smith team practice	FOH Rental	6-730 TOH 2025 Elite	11am-12pm (Kenan)	430-6pm East Seattle
	730-9 Fuego 2024 Fuego KO Team practice	830- Fuego HS Mitchell Practice	530-7 TOH 2026 White-Raban- team practice		7:30-9 Pacific U17 Practice	1-230 Fuego 2024 Gweth	1130-1 SHS
			7-830 Elite Training (Mo)			330-730 NC 745- GAR	
	715-815AM Training w BRE						9-11 High school prep
COURT 2	4-530 2030 Fuego	4-530 Marisa TOH High school Liberty	12:30-2pm Marisa Liberty	330-430 shooting (Deon)	430-6pm Elite Training (Mo)		1100-3 Volleyball
	530-7 Fuego 2028 Team practice	530-7 TOH 2025 Red team practice	2-3:30pm Marisa Liberty	430-530 ball handling (Kenan)	6-730 Mo 2025 Team Lloyd practice		3-5 Martial Arts
	7-830 TOH 2026 Red Team practice	7-830 Elite training w Mo Hines	430-530 Fuego KE	530-7 TOH 2028 Team practice	730-9 Mo TOH 2024 practice	1am-2pm Volleyball Private Training* (extra fees apply)	5-6:30pm 2025 ITP (Marisa)
	Volleyball	830-on TOH HS	530-7 TOH 2027 Ballena team practice	7-830 Elite training w Mo Hines	830-on TOH HS		630-830 Volleyball
			7-8 grades 6-10 all skills coach Kenan				
			8-9 Training w Joebie				
WEIGHT ROOM/ TRAINING CAGE			1-2pm Deon				
	330-430 training- Deon		2:15-3:15pm Deon				
	430-530 Training - all skills - Keith	430-530 Training all skills Keith	430-530 coach Deon shooting- grades 2-6	430-530 shooting keith	430-530 shooting (Keith)		
	540-640 training- Deon and 545 and 7 Coach Shay- strength and conditioning	530-7 Elite training with Mo Hines	545-645 Deon shooting grades 7-11 and 545 and 7 Coach Shay- strength and conditioning	530-7 Elite training with Mo Hines	545-645 ball handling (Keith)	1 and 2 Coach Shay- strength and conditioning AND Private Training & Vertimax Training - Kenan (extra fees apply)*	
7-8 Training all skills- Deon	545 and 7 Coach Shay- strength and conditioning	7-8 Deon shooting All ages					

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