

September 2022 Gym Schedule

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
COURT 1		4-5 Shooting w/ Eric	430-630 Fuego 2030 KO Team Practice	4-5 All Skills w/ Kenan	4-6pm Fuego 2028 Red Team Practice and Fuego 2027 Black			
	4-5pm Shooting Class w/ Kenan	530-730 TOH 2031 Nike Team Practice	430-630 Fuego 2031 Black team practice	5-6pm Ball Handling w/ Eric	6-8pm Fuego 2029 KO Team practice & 2028 Black Team	Pop-up TRAINING Classes Dates and times will be sent out through Team Snap! Private Training (*extra fees apply)		
	6-7 TOH 2028 TT		630-730 Training w/ Kenan Attack moves	6-8pm TOH 2028 Nike and TOH 2028 White team practice	8pm KO Development Open Runs (grades 9+)			
	8pm High School Prep Training - Kenan	730-830 w/ Kenan Scrimmage Class- Live Skills Practice						
	7-9pm 2027 TOH Red Team Practice	PSBL RENTAL						
COURT 2	430-630pm 2030 Fuego team practice (Black and Red)	4:30-6 Northwest Skills Lab Training	430-6 LOYD ONLY TEAM TRAINING W/ MO	430-6 Northwest Skill Lab Training	5-6 Ball Defenses Class coach Reggie	Pop-up TRAINING Classes Dates and times will be sent out through Team Snap!		
	530-730 TOH 2030 Nike Team Practice	6-8 TOH 2029 Loyd and White Team Practices		6-8 TOH 2027 LOYD and Nike/Hines Team Practices	5-6 Future Stars Team Practice			5-6pm Shooting class w/ Eric
	7-8 Scrimmage Class- Kenan	8-9 High School Prep Training- Reggie	PSBL RENTAL		6-730 Northwest Skill Lab Training			6-7 Ball Handling w/ Reggie
	PSBL RENTAL	730-9pm TOH 2027 Asuan		PSBL RENTAL	8-930 HS Fall U15 TOH and HS Fall PC Griz practice			8-9 High school Prep Scrimmages
Training Cage	5-6 Ball Handling Class w/ Kenan	5-6pm Shooting w/Eric	5:30-6:30pm All Skills w/ Coach Deon	4-5 Fundamental Skills w/ Bradley		Private Training & Vertimax Training - Kenan (*extra fees apply)		
	6-7pm w/Kenan Post Training Class	6-7pm ball handling w/ Eric	6:30-7:30pm Shooting w/ Coach Deon	5-6 All Skills w/ Deon	6-7pm Ball Handling w/ Reggie			
		7-8 All Skills- w/ Coach Reggie		6-7 Shooting w/ Deon	7-8 Attack Moves w/ Reggie			
Weight Room							Private agility and strength training available!	

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