

# January 2023 Gym Schedule

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

CLOSED  
12/23  
and  
12/26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>COURT 1</b>	4-5pm Intro to basketball fundamentals Class w/ Kenan		430-630 Fuego 2030 KO Team Practice	4-5 All Skills w/ Kenan	4-6pm Fuego 2028 Red Team Practice and Fuego 2027 Black		
	5-6 All Skills w Eric and Bradley	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!	
	6-7 TOH 2028 TT		630-730 Training w/ Kenan Attack moves		8pm KO Development Open Runs (grades 7+)		Private Training (*extra fees apply)
	630-8 TOH 2/3 Practice	7-9pm 2027 TOH Red Team Practice	730-830 w/ Kenan Scrimmage Class- Live Skills Practice <span style="color: blue;">PSBL RENTAL</span>	6-8pm TOH 2028 Nike and TOH 2028 White team practice			
<b>COURT 2</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	430-630pm 2030 Fuego team practice (Black and Red)	4:30-6 Northwest Skills Lab Training		430-6 Northwest Skill Lab Training	4-6 Volleyball	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					
	7-8 Shooting Class- Kenan		6-8 TOH 2027 LOYD and Nike/Hines Team Practices		5-6 Future Stars Team Practice		5-6pm Shooting class w/ Eric
	PSBL RENTAL				6-730 Northwest Skill Lab Training		6-7 Ball Handling w/ TBD
	730-9pm TOH 2027 Asuan	PSBL RENTAL		8-930 HS Fall U15 TOH and HS Fall PC Griz practice  <span style="color: blue;">PSBL Rental</span>			
<b>Training Cage</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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	5-6 shooting class w/Eric	Private Training & Vertimax Training - Kenan (*extra fees apply)	
	6-7pm w/Kenan Post Training Class	6-7pm all skills grades 6-8 w/ Leo		5-6 All Skills w/ Deon	6-7pm Ball Handling w/ TBD		
	7-8 All Skills- w/ Coach Reggie	6:30-7:30pm Shooting w/ Coach Deon	6-7 Shooting w/ Deon	7-8 Attack Moves w/ TBD			
<b>Weight Room</b>							Private agility and strength training available!

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