

March 2023 Gym Schedule

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COURT 1	4-5pm basketball fundamental Class w/ Kenan (grades 2-5)	4-5 All Skills w/ Eric All-Ages	430-630 Fuego 2030 KO Team Practice	430-530 All Skills w/ Kenan (all ages)	4-5 Fundamental Skills w/ Kenan (all ages)		
	5-6 ball handling w/ Kenan (grades 4-7)	5-7 TOH 2031 and 2032 Team Practice	430-630 Fuego 2031 Black team practice	530-630pm Ball Handling w/ Kenan (all ages)	5-630 NW Skills Lab Training	Vertimax Training and Private Training available!	
	6-730 NW Skills Lab Training		630-830 Fuego 6 red and TOH 6 White Team Practice	630-830pm TOH 2028 Nike and TOH 2028 White team practice 830 PSBL Rental	630-830 Fuego 6th KO and Fuego 7th Black Team Practice		
	730-930 TOH 2029 Loyd Team Practice	830 PSBL RENTAL					
	7-9pm 2027 TOH U15 and U16 Elite Team Practice			Private Training (*extra fees apply)			
COURT 2	430-630pm 2030 Fuego black and 430-6 Fuego 6th Spring League	5-630 Spring League Team practice TOH Swain and Fuego 5 Burns		4-5- Defense and fitness (all ages w/ Reggie)	430-530		
	630-830 Fuego HS White and Fuego HS Davis team practice	630-830 TOH 8 Red and TOH 2030 Nike Team Practice					
		830 PSBL RENTAL	6-730 NW Skill LAB (Loyd training only)	7-9 U17 TOH Elite practice/ Pacific Grizzlies Practice	530-7 Fuego 8 Spring League team practice		
	830pm PSBL RENTAL		730-830 Attack Moves w/ Kenan (grades 5-9) 730-930 TOH 8 Loyd Team Practice				
					7-9 TOH Elite U15 and U16 Team Practice		
Training Cage	5-6 All Skills w/ Coach Mary (grades 2-4)	5-6pm Shooting w/Eric	430-5:30pm All Skills w/ Coach Deon	430-530 Shooting w/ Eric (grades 4-8)	5-6 shooting class w/Eric (all ages)	Private Training & Vertimax Training - Kenan (*extra fees apply)	
	6-7pm w/Kenan Post Training Class all ages	6-7pm all skills grades 6-8 w/ Eric	530-630 Shooting w/ Deon (grades 4-7) 6:30-7:30pm Shooting w/ Coach Deon (Grades 8-11)	530-630 All Skills w/ Eric (all ages)	6-7pm Ball Handling w/ Eric W (all ages)		
	7-8pm Shooting Class w/ Kenan grades 5-9	7-8 Shooting grades 7-11- w/ Coach Reggie		6-7 on court 1 ball handling (grades 3-7) w/ Reggie	7-8 Attack Moves w/ Leo W (all ages) 8-9 high school training w/ Leo		
Weight Room							Private agility and strength training available!

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