

ATH-Katy Class Schedule Summer 2021

Forever ATHlete

Monday- Thursday (Classes are 60 Minutes)

5:00 A.M.
6:00 A.M.
8:00 A.M.
9:15 A.M.
1:45 P.M.
4:30 P.M.
5:30 P.M.
6:30 P.M.

Friday (Classes are 60 Minutes)

5:00 A.M.
6:00 A.M.
8:00 A.M.
9:15 A.M.
1:45 P.M.
4:30 P.M.
5:30 P.M.

Saturday (Class is 60 Minutes)

9:00 A.M.

ATH-Katy Class Schedule Summer 2021

Student ATHlete

Monday-Thursday

Ages 8-12 (Classes are 60 Minutes)

4:30 P.M.

6:30 P.M.

Ages 12-14 (Classes are 90 Minutes)

8:30 A.M. – Tuesday/Thursday Only

5:00 P.M.

Ages 14-18 (Classes are 90 Minutes)

10:00 A.M.

3:30 P.M.

Friday

Ages 8-12 (Classes are 60 Minutes)

4:30 P.M.

5:30 P.M.

Ages 12-14 (Classes are 60 Minutes)

8:30 A.M.

4:30 P.M.

Ages 14-18 (Classes are 60 Minutes)

10:00 A.M.

3:30 P.M.

Saturday

Ages 8-12 (Class is 60 Minutes)

10:00 A.M- Speed School

Ages 12-14 (Classes are 60 Minutes)

10:00 A.M. – Speed School

11:00 A.M. – Strength School

Ages 14-18 (Classes are 60 Minutes)

10:00 A.M. – Speed School

11:00 A.M. – Strength School