

ATH-North Class Schedule Fall 2021

Effective August 9

Forever ATHlete

MONDAY-THURSDAY (Classes are 60 Minutes)

6:00 A.M.
7:00 A.M.
8:00 A.M.
9:00 A.M.
4:30 P.M.
5:30 P.M.
6:30 P.M.

Evaluations

11:00 A.M.
2:00 P.M.
7:00 P.M.

FRIDAY (Classes are 60 Minutes)

6:00 A.M.
7:00 A.M.
8:00 A.M.
9:00 A.M.
4:30 P.M.
5:30 P.M.

Evaluations

11:00 A.M.
2:00 P.M.

SATURDAY (Class is 60 Minutes)

9:00 A.M.

Evaluations

8:00 A.M.
12:00 P.M.

ATH-North Class Schedule Fall 2021

Effective August 9

Student ATHlete

MONDAY-THURSDAY

Ages 8-12 (Classes are 60 Minutes)

4:30 P.M.

5:30 P.M.

Ages 12-14 (Classes are 90 Minutes)

5:30 P.M.

6:30 P.M.

Ages 14-18 (Classes are 90 Minutes)

3:30 P.M.

6:30 P.M.

Evaluations

11:00 A.M.

2:00 P.M.

7:00 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)

5:30 P.M.

Ages 14-18 (Classes are 60 Minutes)

3:30 P.M.

Evaluations

11:00 A.M.

2:00 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

Evaluations

8:00 A.M.

12:00 P.M.