

Allen

Student ATHlete Fall Schedule

8-12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4pm-5pm	4pm-5pm	4pm-5pm	4pm-5pm	4:30pm-5:30pm	10am-11am (Speed School)	Closed
6pm-7pm	6pm-7pm	6pm-7pm	6pm-7pm			Closed

12-14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30pm-6:00pm	4:30pm-6:00pm	4:30pm-6:00pm	4:30pm-6:00pm	3:30pm-4:30pm	10am-11am (Speed School)	Closed
6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	5:30pm-6:30pm	11am-12pm (Strength School)	Closed

14-18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5pm-6:30pm	5pm-6:30pm	5pm-6:30pm	5pm-6:30pm	3:30pm-4:30pm	10am-11am (Speed School)	Closed
6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	5:30pm-6:30pm	11am-12pm (Strength School)	Closed

Allen

Forever ATHlete Fall Schedule

Mon - Thursday

6a
7a
8a
9a
1:30p
4:30p
5:30p
6:30p

Friday

6a
7a
8a
9a
1:30p
4:30p
5:30p

Saturday

9am

Sunday

Closed