

Katy

Student ATHlete Fall Schedule

8-12

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

12-14

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

14-18

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

Katy

Forever ATHlete Fall Schedule

Mon - Thursday

5am
6am
8am
9:15am
1:45pm
4:30pm
5:30pm
6:30

Friday

5am
6am
8am
9:15am
1:45pm
4:30pm
5:30pm

Saturday

9am

Sunday

Closed