



SOUTH HOUSTON 2019 WINTER SCHEDULE

Effective January 7, 2019

LEVEL	DAY	TIME	DURATION
Student ATHlete 8 - 12yrs	Monday - Thursday	5:00p - 6:00p, 7:00p - 8:00p	60 min
	Friday	5:00p - 6:00p	
	Saturday	10:00a - 11:00a	
Student ATHlete 12 - 14yrs	Monday - Thursday	4:30p - 6:00p, 7:00p - 8:30p	90 min
	Friday	4:30p - 5:30p	60 min
	Saturday	10:00a - 11:00a	
Student ATHlete 14 - 18yrs	Monday - Thursday	4:30p - 6:00p, 7:00p - 8:30p	90 min
	Friday	4:30p - 5:30p	60 min
	Saturday	10:00a - 11:00a	
Forever ATHlete	Monday - Thursday	6:00a - 7:00a, 7:00a - 8:00a	60 min
		12:00p - 1:00p, 6:00p - 7:00p	
	Friday	12:00p - 1:00p	
Rebuild ATHlete 1-12 Oversight	Monday - Thursday	3:00p - 5:00p, 6:00p - 7:00p	Supervised Open Gym
	Friday	3:00p - 5:00p	
Next Level ATHlete Pro	Monday - Friday	11:00a - 1:00p	
Next Level ATHlete College	Monday - Friday	9:00a - 11:00a	
Evaluations	Monday - Thursday	6:00p - 7:00p	
	Saturday	By Appointment	