



STUDENT ATHLETE FALL/WINTER SCHEDULE - SOUTH

(September 2019- December 2019)

	DAY	TIME	DURATION
Ages 8-12	Monday- Thursday	4:00p-5:00p	60 min
		6:30p-7:30p	
	Friday	4:00p-5:00p	
	Saturday	10:00a-11:00a	
Ages 12-14	Monday- Thursday	3:30p-5:00p	90 min
		6:30p-8:00p	
	Friday	3:30p-4:30p	60 min
	Saturday	10:00a-11:00a	
Ages 14-18	Monday- Thursday	3:30p-5:00p	90 min
		6:30p- 8:00p	
	Friday	3:30p-4:30p	60 min
	Saturday	10:00a-11:00a	



FOREVER ATHLETE FALL/WINTER SCHEDULE - SOUTH

(September 2019- December 2019)

	DAY	TIME	DURATION	
	Monday- Thursday	6:00a-7:00a	60 MIN	
		7:00a-8:00a		
		4:00p-5:00p		
		6:30p-7:30p		
	Friday	6:00a- 7:00a		
		7:00a- 8:00a		
		4:00p-5:00p		
	Saturday	9:00a-10:00a		60 MIN
	Open Gym	Monday- Friday		9:00a- 3:00p

To schedule, please visit <https://athletetrainingandhealth.com>

*Training Times may be added or removed throughout the season