

Forever ATHlete Spring Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Upper / Lower Body</i>	<i>Upper / Lower Body</i>	<i>Core</i>	<i>Power / H.I.I.T</i>	<i>Power / H.I.I.T</i>	<i>Boot Camp</i>
6:00am - 7:00am 7:00am - 8:00am 8:00am - 9:00am 9:00am - 10:00am	6:00am - 7:00am 7:00am - 8:00am 8:00am - 9:00am 9:00am - 10:00am	6:00am - 7:00am 7:00am - 8:00am 8:00am - 9:00am 9:00am - 10:00am	6:00am - 7:00am 7:00am - 8:00am 8:00am - 9:00am 9:00am - 10:00am	6:00am - 7:00am 7:00am - 8:00am 8:00am - 9:00am 9:00am - 10:00am	9:00am - 10:00am
-	-	-	-	-	Open Gym Monday - Thursday 6:00am - 8:00pm
4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm	Friday 6:00am - 7:00pm
					Saturday 8:00am - 12:00pm

Download our app or call to schedule classes

(832.698.9821) athnorth.com

Spring 2023



ATH-NORTH: Student ATHlete Training Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Linear Focus</i>	<i>Linear Focus</i>	<i>Multi-Direction</i>	<i>Multi-Direction</i>	<i>Complete</i>	<i>Focus</i>
	<u>8 - 12 Year Olds</u> 4:30pm - 5:30pm 5:30pm - 6:30pm	<u>8 - 12 Year Olds</u> 4:30pm - 5:30pm 5:30pm - 6:30pm	<u>8 - 12 Year Olds</u> 4:30pm - 5:30pm 5:30pm - 6:30pm	<u>8 - 12 Year Olds</u> 4:30pm - 5:30pm 5:30pm - 6:30pm	<u>8 - 12 Year Olds</u> 4:30pm - 5:30pm 5:30pm - 6:30pm	<u>8 - 12 Year Olds</u> 10:00am - 11:00am (Speed School)
	<u>12 - 14 Year Olds</u> 5:00pm - 6:30pm 6:30pm - 8:00pm	<u>12 - 14 Year Olds</u> 5:00pm - 6:30pm 6:30pm - 8:00pm	<u>12 - 14 Year Olds</u> 5:00pm - 6:30pm 6:30pm - 8:00pm	<u>12 - 14 Year Olds</u> 5:00pm - 6:30pm 6:30pm - 8:00pm	<u>12 - 14 Year Olds</u> 5:30pm - 6:30pm	<u>12 - 14 Year Olds</u> 10:00am - 11:00am (Speed School) 11:00am - 12:00pm (Strength School)
	<u>14 - 18 Year Olds</u> 3:30pm - 5:00pm 6:30pm - 8:00pm	<u>14 - 18 Year Olds</u> 3:30pm - 5:00pm 6:30pm - 8:00pm	<u>14 - 18 Year Olds</u> 3:30pm - 5:00pm 6:30pm - 8:00pm	<u>14 - 18 Year Olds</u> 3:30pm - 5:00pm 6:30pm - 8:00pm	<u>14 - 18 Year Olds</u> 3:30pm - 4:30pm	<u>14 - 18 Year Olds</u> 10:00am - 11:00am (Speed School) 11:00am - 12:00pm (Strength School)