

# Forever ATHlete Allen Calendar



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

Download our app or call to schedule classes

(469)213-0730 [athallen.com](http://athallen.com)

## Student ATHlete Allen Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Linear</i>	<i>Linear</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> 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	<u>12-14 Year Olds</u> 5:00pm-6:30pm	<u>12-14 Year Olds</u> 5:00pm-6:30pm	<u>12-14 Year Olds</u> 5:00pm-6:30pm	<u>12-18 Year Olds</u> 4:30pm-5:30pm	<u>12-18 Year Olds</u> 10:00am-11:00am Speed School
<u>14-18 Year Olds</u> 6:30pm-8:00pm	<u>14-18 Year Olds</u> 6:30pm-8:00pm	<u>14-18 Year Olds</u> 6:30pm-8:00pm	<u>14-18 Year Olds</u> 6:30pm-8:00pm		11:00am-12:00pm Strength School

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