

MARCH



2023

KATY FOREVER ATHLETE TRAINING CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	TOTAL BODY STRENGTH	TOTAL BODY STRENGTH	CORE	TOTAL BODY POWER	TOTAL BODY POWER	H.I.I.T
	Session times: 5 a.m. 6 a.m. 8 a.m. 9:15 a.m. 1:45 p.m. 4:30 p.m. 5:30 p.m. 6:30 p.m.	Session times: 5 a.m. 6 a.m. 8 a.m. 9:15 a.m. 1:45 p.m. 4:30 p.m. 5:30 p.m. 6:30 p.m.	Session times: 5 a.m. 6 a.m. 8 a.m. 9:15 a.m. 1:45 p.m. 4:30 p.m. 5:30 p.m. 6:30 p.m.	Session times: 5 a.m. 6 a.m. 8 a.m. 9:15 a.m. 1:45 p.m. 4:30 p.m. 5:30 p.m. 6:30 p.m.	Session times: 5 a.m. 6 a.m. 8 a.m. 9:15 a.m. 1:45 p.m. 4:30 p.m. 5:30 p.m.	Session times: 9 a.m.

Open Gym Hours (18 yrs and up):

Mon-Thurs: 5 a.m.-8 p.m.

Fri: 5 a.m.-6:30 p.m.

Sat: 8 a.m.-Noon

Student ATHlete Spring Schedule							
8-12 Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Option 1	4:30pm-5:30pm	4:30pm-5:30pm	4:30pm-5:30pm	4:30pm-5:30pm	4:30pm-5:30pm	10am-11am	Closed
option 2	6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm	6:30pm-7:30pm	5:30pm-6:30pm	(Speed School)	Closed

Student ATHlete Fall Schedule							
12-14 Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Option 1	5:00pm-6:30pm	5:00pm-6:30pm	5:00pm-6:30pm	5:00pm-6:30pm	4:30pm-5:30pm	10am-11am (Speed School)	Closed
Option 2	6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	5:30pm-6:30pm	11am-12pm (Strength School)	Closed

Student ATHlete Fall Schedule							
14-18 Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Option 1	4:00pm-5:30pm	4:00pm-5:30pm	4:00pm-5:30pm	4:00pm-5:30pm	4:30pm-5:30pm	10am-11am (Speed School)	Closed
Option 2	6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	5:30pm-6:30pm	11am-12pm (Strength School)	Closed