

Forever ATHlete Calendar

December 18-23



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

Download our app or call to schedule classes

(469.213.0730) athallen.com

Forever ATHlete Calendar

December 25-30



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

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January 1-6



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

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