

Forever ATHlete Calendar

December 18, 2023 - January 1, 2024



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>
5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:15am - 10:15am 1:45pm - 2:45pm 4:30pm - 5:30pm 5:30pm - 6:30pm	5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:15am - 10:15am 1:45pm - 2:45pm 4:30pm - 5:30pm 5:30pm - 6:30pm	5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:15am - 10:15am 1:45pm - 2:45pm 4:30pm - 5:30pm 5:30pm - 6:30pm	5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:15am - 10:15am 1:45pm - 2:45pm 4:30pm - 5:30pm 5:30pm - 6:30pm	5:00am - 6:00am 6:00am - 7:00am 8:00am - 9:00am 9:15am - 10:15am 1:45pm - 2:45pm 4:30pm - 5:30pm 5:30pm - 6:30pm	9:00am - 10:00am CLOSED Saturday 12/23/23 Sunday 12/24/23 Monday 12/25/23 Saturday 12/30/23 Sunday 12/31/23 Monday 1/1/24

Download our app or call to schedule classes

(713-568-8986) athkaty.com