



10535 Jones Road, Houston, TX 77065

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GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Youth Ages 6-9	4:30-5:30 PM 6:00-7:00 PM	4:30-5:30 PM 6:00-7:00 PM	4:30-5:30 PM 6:00-7:00 PM	4:30-5:30 PM 6:00-7:00 PM	5:30-6:30 PM	10:30-11:30 AM	2:00-3:00 PM
Junior Ages 10-11	4:30-5:30 PM 7:00-8:00 PM	4:30-5:30 PM 7:00-8:00 PM	4:30-5:30 PM 7:00-8:00 PM	4:30-5:30 PM 7:00-8:00 PM	5:30-6:30 PM	10:30-11:30 AM	2:00-3:00 PM
Developmental 1 Ages 12-14	4:00-5:30 PM 7:00-8:30 PM	4:00-5:30 PM 7:00-8:30 PM	4:00-5:30 PM 7:00-8:30 PM	4:00-5:30 PM 7:00-8:30 PM	4:00-5:30 PM	1:30-3:00 PM	3:00-4:30 PM
Developmental 2 Ages 15-18	4:00-5:30 PM 7:00-8:30 PM	4:00-5:30 PM 7:00-8:30 PM	4:00-5:30 PM 7:00-8:30 PM	4:00-5:30 PM 7:00-8:30 PM	4:00-5:30 PM	1:30-3:00 PM	3:00-4:30 PM
Adult Fitness Ages 18+	9:30-10:30 AM 12:00-1:00 PM 6:00-7:00 PM 7:00-8:00 PM	 7:00-8:00 PM	9:30-10:30 AM 12:00-1:00 PM 6:00-7:00 PM 7:00-8:00 PM	 6:00-7:00 PM 7:00-8:00 PM	9:30-10:30 AM 12:00-1:00 PM	9:30-10:30 AM	
SPARQ Athletic Assessment \$50 for non-members		6:00-7:00 PM Must call to schedule prior to testing				12:00-1:00 PM Must call to schedule prior to testing	

*All athletes must schedule their training appointments prior to class time.

*Hours are subject to change during holidays.



BE A BETTER ATHLETE.
OFFICIAL PROVIDER OF NIKE SPARQ TRAINING

