



August 24th- December 31st

2009 Fall Schedule

10535 Jones Road, Houston, TX 77065

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GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Youth (Ages 7-9)	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 - 6:30PM	10:30 - 11:30AM	2:00 - 3:00PM
Juniors (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 - 6:30PM	10:30 - 11:30AM	2:00 - 3:00PM
Developmental 1 (Ages 12-14)	4:00 - 5:30PM 7:00 - 8:30PM	4:00 - 5:30PM 7:00 - 8:30PM	4:00 - 5:30PM 7:00 - 8:30PM	4:00 - 5:30PM 7:00 - 8:30PM	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 - 8:30PM	4:00-5:30 PM 7:00 - 8:30PM	4:00-5:30 PM 7:00 - 8:30PM	4:00-5:30 PM 7:00 - 8:30PM	4:00 - 5:30PM	1:30-3:00 PM	3:00-4:30 PM
Adult Fitness (Ages 18+)	9:30 - 10:30AM 12:00 - 1:00PM		9:30 - 10:30AM 12:00 - 1:00PM		9:30 - 10:30AM 12:00 - 1:00PM	9:30 - 10:30AM	
*Open to non-members	6:00 - 7:00PM		6:00 - 7:00PM	6:00 - 7:00PM			
NIKE SPARQ TESTING (Ages 7-18)		6:00 - 7:00PM				12:00-1:00PM	
*\$50 for non-members or on a Speed Pass							

BE A BETTER ATHLETE.
OFFICIAL PROVIDER OF NIKE SPARQ TRAINING

