



**4811 Highway 6, Missouri City, TX 77459**

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GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Youth 7-9 year olds</b>	3:45-4:45 PM 5:00-6:00 PM 6:00-7:00 PM	3:45-4:45 PM 5:00-6:00 PM 6:00-7:00 PM	3:45-4:45 PM 5:00-6:00 PM 6:00-7:00 PM	3:45-4:45 PM 5:00-6:00 PM 6:00-7:00 PM	3:45-4:45 PM 5:00-6:00 PM 6:00-7:00 PM	10:00-11:00 AM	2:00-3:00 PM
<b>Juniors 10-11 year olds</b>	5:00-6:00 PM 6:00-7:00 PM	5:00-6:00 PM 6:00-7:00 PM	5:00-6:00 PM 6:00-7:00 PM	5:00-6:00 PM 6:00-7:00 PM	5:00-6:00 PM 6:00-7:00 PM	10:30-11:30 AM	2:00-3:00 PM
<b>Developmental 1 12-14 year olds</b>	4:30-6:00 PM 7:00-8:30 PM	4:30-6:00 PM 7:00-8:30 PM	4:30-6:00 PM 7:00-8:30 PM	4:30-6:00 PM 7:00-8:30 PM	4:30-6:00 PM	12:30-2:00 PM	3:15-4:45 PM
<b>Developmental 2 15-18 year olds</b>	3:30-5:00 PM 7:00-8:30 PM	3:30-5:00 PM 7:00-8:30 PM	3:30-5:00 PM 7:00-8:30 PM	3:30-5:00 PM 7:00-8:30 PM	3:30-5:00 PM	12:30-2:00 PM	3:15-4:45 PM
<b>Adult Fitness 18+</b>	5:00-6:00 AM 6:00-7:00 AM 9:00-10:00 AM 5:00-6:00 PM 6:00-7:00 PM	5:00-6:00 PM 6:00-7:00 PM	5:00-6:00 AM 6:00-7:00 AM 9:00-10:00 AM 5:00-6:00 PM 6:00-7:00 PM	5:00-6:00 PM 6:00-7:00 PM	5:00-6:00 AM 6:00-7:00 AM 9:00-10:00 AM 5:00-6:00 PM	9:30-10:30 AM	
<b>SPARQ Athletic Assessment</b> <i>*Must call to schedule prior to testing.</i>		7:00-8:00 PM		7:00-8:00 PM		11:30-12:30 PM	

**Fall Holidays:**

- Labor Day
- Thanksgiving
- Christmas

**BE A BETTER ATHLETE.**  
OFFICIAL PROVIDER OF NIKE SPARQ TRAINING

