



4811 Highway 6 South, Missouri City, TX 77459

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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	6:00-7:00 PM	9:00-10:00 AM	2:00-3:00 PM Youth/Junior combined
Junior Ages 10-11	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	6:00-7:00 PM	10:00-11:00 AM	2:00-3:00 PM Youth/Junior combined
Developmental 1 Ages 12-14	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	12:00-1:30 PM	3:00-4:30 PM D1/D2 combined
Developmental 2 Ages 15-18	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	4:30-6:00 PM	1:30-3:00 PM	3:00-4:30 PM D1/D2 combined
Adult Fitness Ages 18+	5:00-6:00 AM 6:00-7:00 AM 9:00-10:00 AM 5:30-6:30 PM		5:00-6:00 AM 6:00-7:00 AM 9:00-10:00 AM		5:00-6:00 AM 6:00-7:00 AM 9:00-10:00 AM	8:00-9:00 AM	
SPARQ Athletic Assessment \$50 for non-members	6:30-7:30 PM Must call to schedule prior to testing			6:30-7:30 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

