Forever ATHlete Calendar

May 27, 2024 - August 3, 2024

ATHLETE ®
TRAINING + HEALTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Upper / Lower Body	*Upper / Lower Body*	*Core*	*Power / H.I.I.T*	*Power / H.I.I.T*	*Boot Camp*
6:00am - 7:00am 7:00am - 8:00am 8:00am - 9:00am 9:00am -10:00am	6:00am - 7:00am 7:00am - 8:00am 8:00am - 9:00am 9:00am -10:00am	6:00am - 7:00am 7:00am - 8:00am 8:00am - 9:00am 9:00am -10:00am	6:00am - 7:00am 7:00am - 8:00am 8:00am - 9:00am 9:00am -10:00am	6:00am - 7:00am 7:00am - 8:00am 8:00am - 9:00am 9:00am -10:00am	9:00am - 10:00am
4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm 6:30pm - 7:30pm	4:30pm - 5:30pm 5:30pm - 6:30pm	

Download our app or call to schedule classes   **(469.213.0730) athallen.com**