

Forever ATHlete Calendar

Summer Schedule May 27th - August 10th



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

Download our app or call to schedule classes

(346-680-0001) athpearland.com