



CATZ-183 Adult Schedule

Just let us know when you're coming by calling 512-345-5547 or email info.austin@catzsports.com

FOUR CLASSES. AN OPTION FOR EVERY LEVEL OF FITNESS

Basic- For those who have never done CATZ before
 - Looking to begin an exercise program
 - Class is delivered at a slow pace

Fundamentals
 - For those trying to make exercise a habit
 - Class is delivered at a slow/moderate pace

Fitness
 - For those looking for a cross-training program to supplement their current fitness routine
 - Class is designed to challenge each to their own ability level

Performance
 - For those looking to improve performance
 - Our most challenging, high-paced class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00a Fitness 60 min	6:00a Performance 60 min	6:00a Performance 60 min	6:00a Performance 60 min	6:00a Performance 60 min	8:00a Performance 60 min
7:00a Performance 60 min	7:00a Fitness 60 min	7:00a Fitness 60 min	7:00a Fitness 60 min	7:00a Fitness 60 min	9:00a Fundamental 60 min
9:30a Fitness 60 min	9:00a Fitness 60 min	8:00a Fitness 60 min	9:00a Fitness 60 min	8:00a Fitness 60 min	10:00a Performance 60 min
5:30p Fundamental 60 min	12:30p Fitness 60 min	9:30p Fitness 60 min	12:30p Fitness 60 min	9:00a Fitness 60 min	
6:30p Fitness 60 min	1:30p Performance 60 min	5:30p Fundamental 60 min	1:30p Performance 60 min	5:30p Fitness 60 min	
	5:30p Fundamental 60 min	6:30p Fitness 60 min	5:30p Fundamental 60 min		
	6:30p Fitness 60 min	FREE TRIAL			

CATZ -183
 12611 Hymeadow
 512.345.5547
catzsports.com

Packages
 10 sessions - \$199
 20 sessions - \$349

As always, your first class is a trial session and is free of charge!