



## CATZ SPORTS SPRING SCHEDULE

	MON	TUE	WED	THUR	FRI	SAT
<b>COMPLETELY ACTIVE</b> (6-10 YRS) 2-3X/Wk 60 Minutes	4:00pm 5:00pm 6:00pm 7:00pm	4:00pm 6:00pm 7:00pm	4:00pm 5:00pm 7:00pm	4:00pm 5:00pm 6:00pm 7:00pm	4:00pm 7:00pm	9:00am
<b>YOUTH GENERAL FITNESS</b> (11-16 YRS) 2-3X/Wk 60 Minutes	7:00pm	4:00pm 5:00pm 6:00pm 7:00pm	5:00pm 6:00pm 8:00pm	4:00pm 6:00pm 7:00pm	4:00pm	10:00am 11:00am
<b>PERFORMANCE TRAINING</b> (13+ YRS) 2-3X/Wk 60 Minutes 6 athletes per coach						
<b>SOCCER</b>	5:00pm	4:00pm 5:00pm(2) 6:00pm	4:00pm 5:00pm	5:00pm 6:00pm(2) 7:00pm 8:00pm	4:00pm	9:00am 10:00am 11:00am
<b>VOLLEYBALL</b>	5:00pm 6:00pm		5:00pm 6:00pm 7:00pm	5:00pm 8:00pm	7:00pm	11:00am
<b>BASKETBALL</b>	4:00pm 7:00pm 8:00pm	7:00pm	4:00pm 7:00pm	4:00pm 8:00pm		
<b>SOFTBALL</b>			8:00pm			
<b>FOOTBALL</b>	8:00PM	8:00pm		8:00pm		
<b>SWIMMING</b>		8:00pm		5:00pm		10:00am
<b>ADULT FITNESS</b> 60 Minutes	6:00am 12:00pm 6:00pm 7:00pm	8:00am 9:00am 7:00pm	6:00am 12:00pm 7:00pm	8:00am 9:00am 7:00pm	6:00am 12:00pm 7:00pm	10:00am
<b>FAMILY FITNESS</b>		6:00pm		6:00pm		

\*\*\*\*\*All Scheduled times are subject to change. Please call before to verify all training times. 210-404-9100

\*\*\*\*\*Trial and Testing times can be done throughout the week at various times. Please call to schedule trial and testing times. 210-404-9100