

2022 Spring Workouts



Boys Senior Team	
Monday	4:30-8:00
Tuesday	4:30-8:00
Wednesday	OFF
Thursday	4:30-8:00
Friday	4:30-8:00
Saturday	8:00 - 12:00

Boys Junior Team	
Monday	4:30 - 7:30
Tuesday	4:30 - 7:30
Wednesday	OFF
Thursday	4:30 - 7:30
Friday	4:30 - 7:30
Saturday	OFF

Al: (806) 559-3378
 Rachel: (432) 889-6515
 Micah: (432) 556-2247
 Bryce: (806) 535-5591
 Taylor: (713) 423-9350

Boys Team 9 hrs	
Monday	OFF
Tuesday	4:30 - 7:30
Wednesday	OFF
Thursday	4:30-7:30
Friday	4:30 - 7:30
Saturday	OFF

Boys Team 6 hrs	
Monday	OFF
Tuesday	4:30 - 7:30
Wednesday	OFF
Thursday	4:30 - 7:30
Friday	OFF
Saturday	OFF

T&T Team	
Tuesday	6:00 - 8:00
Thursday	6:00 - 8:00

Those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.
 Isaiah 40:31

Girls Level 6+	
Monday	4:30-8:00
Tuesday	4:30-8:00
Wednesday	OFF
Thursday	4:30-8:00
Friday	4:30-8:00
Saturday	8:00 - 12:00

Girls Level 5	
Monday	4:30 - 7:30
Tuesday	4:30 - 7:30
Wednesday	OFF
Thursday	4:30 - 7:30
Friday	4:30 - 7:30
Saturday	9:00 - 12:00

Girls Level 4	
Monday	4:30 - 7:30
Tuesday	4:30 - 7:30
Wednesday	OFF
Thursday	4:30 - 7:30
Friday	4:30 - 7:30
Saturday	OFF

Girls Level 3	
Monday	4:30 - 7:30
Tuesday	OFF
Wednesday	4:30 - 7:30
Thursday	OFF
Friday	4:30 - 7:30
Saturday	OFF

Girls Level 2	
Monday	OFF
Tuesday	4:30 - 7:30
Wednesday	OFF
Thursday	4:30 - 7:30
Friday	OFF
Saturday	OFF

Girls New To Team	
Monday	4:30 - 7:30
Wednesday	4:30 - 7:30
Tuesday	4:30 - 7:30
Thursday	4:30 - 7:30