



T3 PERFORMANCE

T3 PERFORMANCE 2024 TRAINING SCHEDULE

	High School Athlete Performance Training	Middle School Athlete Performance Training	Athlete 101	Adult Strength for Life
	Age 14-18 (75 min)	Ages 11-13 (75 min)	Ages 8-11 (60 min)	Ages 18+ (60 min)
MONDAY	4:00 PM 5:15 PM	4:30 PM 5:15 PM	5:00 PM	6:00 AM 6:00 PM
TUESDAY	4:00 PM 5:15 PM 6:00 PM	4:30 PM 5:15 PM 6:00 PM	5:00 PM	6:00 PM
WEDNESDAY	4:00 PM 5:15 PM	4:30 PM 5:15 PM	5:00 PM	6:00 AM 6:00 PM
THURSDAY	4:00 PM 5:15 PM 6:00 PM	4:30 PM 5:15 PM 6:00 PM	5:00 PM	6:00 PM
FRIDAY	4:00 PM	4:30 PM		6:00 AM
SATURDAY	10:00 AM	10:00 AM	9:00 AM	8:00 AM
SUNDAY	10:00 AM	10:00 AM		9:00 AM