



T3 PERFORMANCE

T3 PERFORMANCE 2024 TRAINING SCHEDULE

	Premier Performance Training Ages 18+ (90 min)	Athlete Training (High school) Ages 14-18 (75 min)	Athlete Training (Middle school) Ages 11-13 (75 min)	Athlete 101 Ages 8-11 (60 min)	Adult Strength for Life Ages 18+ (60 min)
MONDAY	7:00 AM 8:00 AM	10:00 AM 4:00 PM Combo	10:30 AM 4:00 PM Combo	9:00 AM	6:00 AM 9:00 AM 5:30 PM
TUESDAY	7:00 AM 8:00 AM	10:00 AM 4:00 PM Combo	10:30 AM 4:00 PM Combo	9:00 AM	9:00 AM 5:30 PM
WEDNESDAY		10:00 AM 4:00 PM Combo	10:30 AM 4:00 PM Combo	9:00 AM	6:00 AM 9:00 AM 5:30 PM
THURSDAY	7:00 AM 8:00 AM	10:00 AM 4:00 PM Combo	10:30 AM 4:00 PM Combo	9:00 AM	9:00 AM 5:30 PM
FRIDAY	7:00 AM 8:00 AM	10:00 AM 4:00 PM Combo	10:30 AM 4:00 PM Combo		6:00 AM 9:00 AM
SATURDAY		11:00 AM	11:00 AM	9:00 AM	9:00 AM
SUNDAY		11:00 AM	11:00 AM		10:00 AM