

T3 PERFORMANCE SCHOOL YEAR SCHEDULE

Begins Monday, Aug 21, 2023



T3 PERFORMANCE

	Athlete 101 Ages 6-11 (60 minutes)	Intermediate Athlete Training Ages 12-14 (90 minutes)	Elite Athlete Training Ages 15-18 (90 minutes)	AdultFit Ages 18+ (60 Minutes)
MONDAY	6:00 PM 6:00 PM	4:30 PM 5:30 PM* 6:30 PM*	4:00 PM 5:30 PM* 6:30 PM*	6:00 AM 8:00 AM 9:00 AM 5:00 PM 6:00 PM
TUESDAY	6:00 PM	4:30 PM 5:30 PM* 6:30 PM*	4:00 PM 5:30 PM* 6:30 PM*	6:00 AM 8:00 AM 6:00 PM
WEDNESDAY	6:00 PM	4:30 PM 5:30 PM* 6:30 PM*	4:00 PM 5:30 PM* 6:30 PM*	6:00 AM 8:00 AM 9:00 AM 5:00 PM 6:00 PM
THURSDAY	6:00 PM	4:30 PM 5:30 PM* 6:30 PM*	4:00 PM 5:30 PM* 6:30 PM*	6:00 AM 8:00 AM
FRIDAY		4:30 PM	4:00 PM	6:00 AM 8:00 AM
SATURDAY	10:00 AM	10:30 AM	10:00 AM	8:00 AM 9:00 AM
SUNDAY		10:00 AM*	10:00 AM*	9:00 AM

*Combination Group (Ages 12-18)
For more information, call (440)934-2244