



# T3 PERFORMANCE SUMMER 2024 SCHEDULE

Begins Monday, June 3, 2024

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

\*Combination Group (Ages 12-18)

For more information, call (440)934-2244