

T3 PERFORMANCE-Beachwood

In School Schedule



	Athlete 101 Ages 8-11 (60 minutes)	High School Athlete Training Ages 14-18 (90 minutes)	Middle School Athlete Training Ages 12-14 (90 minutes)	Adult Strength For Life Training Ages 18+ (60 Minutes)
MONDAY	6:00 PM	4:00 PM 5:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM	6:00 AM 5:30 PM
TUESDAY	6:00 PM	4:00 PM 5:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM	5:30 PM
WEDNESDAY	6:00 PM	4:00 PM 5:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM	6:00 AM 5:30 PM
THURSDAY	6:00 PM	4:00 PM 5:30 PM 6:30 PM	4:30 PM 5:30 PM 6:30 PM	5:30 PM
FRIDAY		4:00 PM	4:30 PM	6:00 AM
SATURDAY	9:00 AM	10:00 AM	10:00 AM	8:00 AM
SUNDAY		10:00 AM	10:00 AM	9:00 AM