



T3
PERFORMANCE

T3 PERFORMANCE Fall SCHEDULE

Begins August 22nd

	Youth Training 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	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 6:00 PM 6:00 PM Barbell
TUESDAY	6:00 PM	6:00 AM 4:30 PM 5:30 PM 6:30 PM	6:00 AM 4:00 PM 5:30 PM 6:30 PM	6:00 AM 8:00 AM 6:00 PM 6:00 PM Barbell
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 6:00 PM 6:00 PM Barbell
Thursday	6:00 PM	6:00 AM 4:30 PM 5:30 PM 6:30 PM	6:00 AM 4:00 PM 5:30 PM 6:30 PM	6:00 AM 8:00 AM 6:00 PM 6:00 PM Barbell
FRIDAY		4:30 PM	4:00 PM	6:00 AM 8:00 AM 9:00 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