



T3 PERFORMANCE

TAPCON CLASS SCHEDULE (Start Date 1/8/18)

<u>Day</u>	<u>Time</u>	<u>Class Type</u>	<u>Instructor</u>	<u>Location</u>
MONDAY	6:00-6:45AM	SPIN	MELISSA	GROUP X ROOM
	8:00-9:00AM	T3 Fit	CAILA	ATHLETE GYM
	9:00-9:45AM	YOGA	HEATHER	GROUP X ROOM
	5:30-6:15PM	SPIN	HEATHER	GROUP X ROOM
	6:00-7:00PM	T3 Fit	RYAN	ATHLETE GYM
	7:00-7:45PM	YOGA	MIKE	GROUP X ROOM
TUESDAY	6:00-7:00AM	T3 Fit	JASH	ATHLETE GYM
	8:00-9:00AM	T3 Fit	JASH	ATHLETE GYM
	9:00-9:45AM	SPIN	CARRIE	GROUP X ROOM
	6:00-7:00PM	BOXING	MIKE	ATHLETE GYM
	7:00-8:00PM	BARBELL	JAMES	ATHLETE GYM
	7:00-7:45PM	YOGA	JULIE D.	GROUP X ROOM
WEDNESDAY	6:00-6:45AM	SPIN	MELLISA	GROUP X ROOM
	8:00-9:00AM	T3 Fit	CAILA	ATHLETE GYM
	9:00-9:45AM	YOGA	HEATHER	GROUP X ROOM
	5:30-6:15PM	SPIN	NIKKI	GROUP X ROOM
	6:00-7:00PM	T3 Fit	MIKE	ATHLETE GYM
	7:00-8:00PM	YOGA	MIKE	GROUP X ROOM
THURSDAY	6:00-7:00AM	T3 Fit	JAMES	ATHLETE GYM
	8:00-9:00AM	T3 Fit	MIKE	ATHLETE GYM
	9:00-9:45AM	SPIN	CARRIE	GROUP X ROOM
	6:00-7:00PM	BOXING	MIKE	ATHLETE GYM
	7:00-8:00PM	BARBELL	CAILA	ATHLETET GYM
	7:00-8:00PM	YOGA	MIKE	GROUP X ROOM
FRIDAY	7:15-8:00AM	SPIN	NIKKI	GROUP X ROOM
	8:00-9:00AM	T3 Fit	CAILA	ATHLETE GYM
	9:00-9:45AM	YOGA	HEATHER	GROUP X ROOM
SATURDAY	8:00-8:45AM	SPIN	CARRIE / NIKKI	GROUP X ROOM
	8:30-10:00AM	BARBELL	CT	ATHLETE GYM
	9:00-10:00AM	T3 Fit	ERIC	ATHLETE GYM
	10:00-11:00AM	BOXING	MIKE	ATHLETE GYM
	11:00-11:45AM	YOGA	MIKE	GROUP X ROOM