

T3 PERFORMANCE T3 Fit Adult Schedule Effective 6/17

	T3 Fit Class	Boxing	Spin	Yoga	Specialty Class
	(60 min)	(60 min)	(45 min)	(45 min)	(45-60 min)
Monday	8:00am 6:00pm		6:00am	7:00am	7:00pm Active Recovery
Tuesday	6:00am 8:00am	6:00pm		7:00pm	7:00pm Barbell
Wednesday	8:00am 6:00pm		6:00am	7:00am	7:00pm Active Recovery
Thursday	6:00am 8:00am	6:00pm		7:00pm	7:00pm Barbell
Friday	8:00am		7:00am	9:00am	
Saturday	9:00am	10:00am	8:00am	11:00am	8:00am Barbell
Sunday				10:00am	9:00am Spin & Lift Combo

T3 PERFORMANCE

