



## THRIVE TEAM TRAINING (T3) SCHEDULE

FALL 2017 - Begins November 18

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		TIME	SATURDAY
5:00a	T3 XTREME		T3 CARDIO				8:00a	T3 CARDIO
5:30a		T3 FUSION			T3 TOTAL		9:00a	T3 CARDIO
5:45a	T3 XTREME		T3 CARDIO					
8:30a		T3 TOTAL		T3 XTREME				
9:30a	T3 XTREME		T3 CARDIO		T3 TOTAL			
5:15p	T3 XTREME		T3 CARDIO					
5:45p		T3 TOTAL		T3 XTREME				

Details: Limit of 12 per session due to space and equipment. First come, first serve basis. Participants must sign-in at the front desk.

4 PACK - \$59 per month | UNLIMITED - \$79 per month

**GET CONNECTED, GET RESULTS!**