



THRIVE TEAM TRAINING (T3) SCHEDULE

WINTER 2017 - Begins December 12

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

Unlimited Team Training Package - \$79 per month

GET CONNECTED, GET RESULTS!