

ADULT SMALL GROUP TRAINING

SPRING 2017 | APRIL 3RD - JULY 1ST

(13 WEEKS)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00am						WARRIOR
12:00-1:00pm	COMPLETE		CORE		HIIT	
6:00-7:00pm	WARRIOR	CORE	HIIT	COMPLETE	COMPLETE	
7:15-8:15pm	COMPLETE	HIIT	CORE	WARRIOR		

1590 Dundas St. East | Mississauga, ON | L4X 2Z2 | 519-504-4120 | satkins@twistburlington.com | www.twistperformance.com