



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15							
10:15-11:15						SPEED, AGILITY & QUICKNESS	ATHLETE COMPLETE DEVELOPMENT
10:15-11:45						ADVANCED ATHLETE DEVELOPMENT	
10:30-12	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING		HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING		
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3:30-5	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING		HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING		
4:30-5:30	ATHLETE COMPLETE DEVELOPMENT		SPEED, AGILITY & QUICKNESS		ATHLETE COMPLETE DEVELOPMENT		
5:30-6:30				ATHLETE COMPLETE DEVELOPMENT			
5:30-7	ADVANCED ATHLETE DEVELOPMENT		ADVANCED ATHLETE DEVELOPMENT		ADVANCED ATHLETE DEVELOPMENT		
7:45-9pm			 <p><i>*Some Twist Team Training Times Still Available for FALL. Please Contact Us for details. #OneTeamOneDream</i></p>				
9-10:15pm							