

YOUTH SMALL-GROUP TRAINING

SPRING 2017 | APRIL 3RD - JULY 1ST

(13 WEEKS)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00pm	ATHLETE COMPLETE DEVELOPMENT		ATHLETE COMPLETE DEVELOPMENT			
1590 Dundas St. East Mississauga, ON L4X 2Z2 519-504-4120 satkins@twistburlington.com www.twistperformance.com						