



Adult Fitness & Conditioning Schedule Dec 27-30

TIME	MON 24	TUES 25	WED 26	THURS 27	FRI 28	SAT 29	SUN
6:00AM - 7:15AM				TWIST LIFT	TWIST HIT & RECOVER		
7AM - 8AM	TWIST COMPLETE						
8:00-9:15AM		M E R R Y	B O X I N G				
9AM – 10:15AM						TWIST COMPLETE	TWIST LIFT
9:15-10:15							
9:15 - 10:30AM	TWIST COMPLETE			TWIST HIT & RECOVER	TWIST COMPLETE		
12- 1PM	TWIST COMPLETE	C H R I S T M A S	D A Y	TWIST LIFT	TWIST HIT		
					 TWISTmas Camps Dec 24–Jan 6 \$75 + HST UNLIMITED 2 Weeks \$45 + HST 1 Week \$25/session+ HST (drop-in) #TWISTmas #BeReady #TwistFamily		
6:30-7:45PM			TWIST COMPLETE				
7PM–8:15PM							

Adult Fitness & Conditioning Schedule Dec 27-30

TIME	MON 31	TUES 1	WED 2	THURS 3	FRI 4	SAT 5	SUN
6:00AM - 7:15AM				TWIST LIFT	TWIST HIT & RECOVER		
7AM - 8AM	TWIST COMPLETE			TWIST COMPLETE			
8:00-9:15AM		M E R R Y					
9AM – 10:15AM						TWIST COMPLETE	TWIST LIFT
9:15-10:15							
9:15 - 10:30AM	TWIST COMPLETE		TWIST COMPLETE	TWIST HIT & RECOVER	TWIST COMPLETE		
12- 1PM	TWIST COMPLETE	C H R I S T M A S	TWIST LIFT		TWIST HIT		
						 TWISTmas Camps Dec 24–Jan 6 \$75 + HST UNLIMITED 2 Weeks \$45 + HST 1 Week \$25/session+ HST (drop-in) #TWISTmas #BeReady #TwistFamily	
6:30-7:45PM				TWIST COMPLETE			
7PM–8:15PM			TWIST HIT & RECOVER				