



Youth Fitness & Conditioning Schedule Dec 24-30

TIME	MON 24	TUES 25	WED 26	THURS 27	FRI 28	SAT 29	SUN
9:15-10:15						ATHLETE COMPLETE DEVELOPMENT Y60	
10:15-11:15		M				ATHLETE COMPLETE DEVELOPMENT T60	SPEED, AGILITY & QUICKNESS
10:15-11:45		E				ADVANCED ATHLETE DEVELOPMENT	
10:30-12	HIGH PERFORMANCE TRAINING	R		HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING		
		R					
1-2:30		C					
2:30-4	ADVANCED ATHLETE DEVELOPMENT	H		ADVANCED ATHLETE DEVELOPMENT			
		R					
4:30-5:30	ATHLETE COMPLETE DEVELOPMENT	I		SPEED, AGILITY & QUICKNESS	ATHLETE COMPLETE DEVELOPMENT	 TWISTmas Camps Dec 24–Jan 6 \$75 + HST UNLIMITED 2 Weeks \$45 + HST 1 Week \$25/session+ HST (drop-in) #TWISTmas #BeReady #TwistFamily	
5:30-6:30		S		ATHLETE COMPLETE DEVELOPMENT Y60 + T60			
5:30-7					ADVANCED ATHLETE DEVELOPMENT		

Youth Conditioning Schedule Dec 30- Jan 6

TIME	MON 1	TUES 2	WED 3	THURS 4	FRI 5	SAT 6	SUN
						ATHLETE COMPLETE DEVELOPMENT Y60	
10:15-11:15						ATHLETE COMPLETE DEVELOPMENT T60	SPEED, AGILITY & QUICKNESS
10:15-11:45		H A P P Y					
10:30-12	HIGH PERFORMANCE TRAINING		HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING		
1-2:30							
2:30-4	ADVANCED ATHLETE DEVELOPMENT	N E W	ADVANCED ATHLETE DEVELOPMENT		ADVANCED ATHLETE DEVELOPMENT		
		W	ATHLETE COMPLETE DEVELOPMENT				
4:30-5:30	ATHLETE COMPLETE DEVELOPMENT	Y E A R	SPEED, AGILITY & QUICKNESS	ATHLETE COMPLETE DEVELOPMENT Y60	ATHLETE COMPLETE DEVELOPMENT	 TWISTmas Camps Dec 24–Jan 6 \$75+HST UNLIMITED 2 Weeks \$45 + HST 1 Week \$25/session+ HST (drop-in) #TWISTmas #BeReady #TwistFamily	
5:30-6:30	N E E R			ATHLETE COMPLETE DEVELOPMENT T60			
5:30-7	W A R		ADVANCED ATHLETE DEVELOPMENT		ADVANCED ATHLETE DEVELOPMENT		
	'S						
	EVE!						